



Edmonton
Caledonian
Branch

August 2020

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Hello fellow dancers!

Your board met this past weekend to discuss the upcoming season. We made the unanimous decision to delay the re-opening of Scottish Country Dancing. We will meet again on November 7th to consider a January 2021 start, based on the health guidelines of that time.

We'd like you to know that this was a difficult decision. However, we followed the advice of RSCDS and AHS. RSCDS recommends that 'Each branch or group is responsible for its own activities and must comply with national and local regulations and health authority guidance'.

The province is currently in Stage 2 reopening. The Alberta Government's [Guidance for Sport, Physical Activity and Recreation – Stage 2](#) recommends in the

section on *High intensity Fitness Classes and Studios (Dance, High Intensity Classes)* that 'For high-intensity classes (e.g., Zumba®, Spin®/cycle class, hot yoga, boot camp), reduce the number of participants to ensure that **a minimum distance of 3 metres** is maintained in all directions of each participant, unless from the same cohort or household' (p. 5).

We are aware that dancing is very important to all of you for both physical fitness and social connections. In order to help us stay in touch as a membership group, Isla will be putting together a **monthly newsletter**. Please submit articles or suggestions to socialcaledonian@gmail.com

Thanks,
~ Fay

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DANCE SCOTTISH ON ICE

Check out siblings Sinead and John Kerr's [2008 Scottish ice dance routine](#).



Stay connected & keep active

Facebook - Julie has been doing a wonderful job with our [RSCDS Edmonton Caledonian Branch](#) Facebook page. You'll find club and RSCDS updates, dance info, links to Scottish news, and even funny memes.

Dance Scottish At Home - RSCDS is offering a new series of newsletters to members and subscribers. You'll find articles, music, games, podcasts, and online classes to keep us active and

connected with dancing friends around the globe. Check out the RSCDS [Dance Scottish At Home](#) webpage for more information.

Other Opportunity - Irene Townsend has offered to hold classes for anyone interested in dancing. Please note that at this time, ECCDS is not able to facilitate or sanction these sessions. If you are interested in joining the non-club dance classes, please contact Irene Townsend directly at townshend@shaw.ca
