

COVID-19 RESTRICTED CLASSES GUIDELINES

WHEN TO STAY AWAY FROM CLASS

- Staff members, students or guardians to stay away if presenting any sign or symptoms of any illness and/or any of their family members or persons they have had close contact with have had illness in the last 14 days.
- Symptoms to look for include fever, cough, shortness of breath, sore throat, runny nose, nasal congestion, headache, and a general feeling of being unwell.
- Any student returning from travel should not attend the studio for a minimum of 14 days.

ARRIVAL/DEPARTURE

- Arrive on time. If you arrive early, please wait in your vehicle until your exact class time to allow for cleaning.
- One way in (front door) and one way out (Back door) with staggered entry and exit so people are not crowding doorways
- Parents should collect and drop off dancers outside the door to minimize any further persons added to the building. Exceptions will be made for new or young dancers. They may be accompanied by one guardian into the waiting area. Guardians must remove shoes and exit through the studio and out the back door.
- Parents and guardians to check the temperatures of their children daily before coming to the program.

- Dancers must arrive with dance clothes on. Changing in the washroom will not be permitted
- Outdoor shoes are to be removed at the door and carried to your classroom.
- Staff to conduct verbal active symptom screening of each child every day with the parent or guardian as they drop off their children.
- Use hand sanitizer on the way in for everyone when entering the building
- All dancers and staff are then required to go to the bathroom to wash their hands before entering the dance space.
- All dancers will wait in their personal spaces until an instructor or volunteer leads them single file out of the studio to meet their guardian.

STUDIO CLEANINGS

- Time has been scheduled between classes to allow wipe down of door handles/chairs and frequently touched surfaces.
- Professional cleaning will be conducted each night after classes have concluded.

DANCE GEAR

- Bring only what you need to class (Shoes, water, yoga mat, hand sanitizer and towel). Leave the rest at home, including your dance bag.
- Clearly label dancer's water bottles so no one accidentally picks up someone else's
- Bring your own yoga mats for any stretching or fitness we may do.
- Bring your own hand towel in case of sweat dripping
- No sharing equipment

SAFETY DURING CLASSES

- Classes limited to maintain social distancing.
- Tape marks on the floor based on distancing requirements
- Social distancing - minimum of 2m apart at all times.
- Cover your mouth when coughing or sneezing.
- Dancers should carry their water bottle to their location, maintaining distance from others.
- Wash hands before and after drinking, changing shoes
- Refrain from touching your face with unclean hands
- Gloves on hand for teachers to help dancers who can't tie their own laces.