



## Studio Guidelines for Operating During the COVID-19 Pandemic

Our mission is to provide safe and encouraging dance instruction for all ages. We will always operate with the health and safety of our dancers as top priority. We will continue to offer online classes for those who prefer that format. At this time we will follow an online only policy when the [Harris County Stay Safe](#) meter is at "Severe" level. Further class format plans will be made based on feedback from our [Reopening Survey](#).

Below are our guidelines that we have set in place to eliminate the risk of transmission of COVID-19 when we return to conducting in person classes.

### Guidelines for Parents and Dancers:

- 1) Complete the High Risk Self Assessment for students or household members of any student to indicate whether or not they are in the CDC identified high risk category of having severe illness if contracting COVID-19. (ie: chronic lung or heart diseases, moderate to severe asthma, people over the age of 65, Compromised Immune System, Severely obese, diabetic, liver disease, or people with chronic kidney disease undergoing dialysis). For more details on the CDC high risk categories visit: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>
  - a. Out of love, high risk families are requested to continue virtual classes via zoom for your own health and safety.
- 2) No use of our change room. All students should arrive in their dance attire. (Cover ups should be worn over dance attire and can be removed once inside the building).
- 3) Staggered entrances and exits to and from the studio and classroom.
  - a. Students will be given a requested time slot to enter the studio before their class.
  - b. We will not allow students in the building before their requested time slot.
  - c. Students will be released from the class one at a time and leave the studio with their guardian(s) one at a time.
- 4) No contact temperature checks will be conducted upon entering the studio. Anyone with a temperature above 99.5 degrees Fahrenheit will not be allowed into the studio. (We understand that some people have normal temperatures below and above the typical 98.6 degrees, so please self monitor and make sure you are not running a fever before you come to dance class.)
- 5) Maintaining social distance in the classroom.
  - a. Students will be called into the classroom one at a time and placed in their assigned spot, which will be 6ft away from all other dancers.
  - b. Dance sections will be visibly sectioned off either by tape or other physical device.
  - c. Young dancers may bring their own stuffed animal to remain in their section with them.
- 6) Wearing a Mask.
  - a. Everyone age 4 or older must wear a mask when entering the studio to avoid accidentally bumping into others without a mask.
  - b. Dancers will remove their masks before entering the classroom.
  - c. Anyone in the lobby should wear a mask if they are within 6 ft proximity of another person who is not a member of their household.



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- d. Adults must wear a mask in the lobby if dancers are present in the lobby.
- 7) Maintaining Good Hygiene.
  - a. Everyone should use hand sanitizer after removing or putting on his or her mask.
  - b. Dancers will use hand sanitizer when entering the dance room.
  - c. Parents should ensure that all children wash their hands thoroughly after restroom breaks.
  - d. Do not come into the studio if you are showing symptoms of cold/flu such as runny nose or excessive sneezing or coughing.
  - e. Do not come into the studio if you have an abnormal temperature.
  - f. Bring your own water bottles.
  - g. If you touch your face, someone else, or something someone else has touched, use hand sanitizer.
  - h. Wear clean dance attire.
- 8) Maintaining our Mental Health.
  - a. Be kind to everyone.
  - b. "Don't stress ...just sanitize." Exhibit caution to our children around contracting the disease, however, let's not panic if things don't go just as planned, but react by using disinfectant or hand sanitizer, etc.
  - c. Praise yourself and your child for making life wonderful despite all of the changes we have to incorporate in order to dance together again. Enjoy their smile, their spirit, their resilience.



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### Guidelines for Teachers and Staff:

- 1) Disinfect any room that has been used before another class begins. Use disinfectant to wipe down thoroughly any surface that may have been touched during the last class including, but not limited to:
  - a. Doorknobs
  - b. Barres
  - c. Dance Floor
  - d. Mirrors ( kid's reach)
  - e. Two-way windows
  - f. Surfaces in the restroom
  - g. Dance bag cubbies / hooks
- 2) Maintain Social Distancing.
  - a. Monitor and Control the flow of people into and out of the studio to allow for proper social distancing.
  - b. Maintain 6 ft social distancing in the classroom at all times.
- 3) No contact temperature checks will be conducted upon entering the studio. Anyone with a temperature above 99.5 degrees Fahrenheit will not be allowed into the studio. (We understand that some people have normal temperatures below and above the typical 98.6 degrees, so please self monitor and make sure you are not running a fever before you come to dance class.)
- 4) Wear a Mask.
  - a. Wear a mask when interacting with people outside of the classroom.
  - b. Put on a mask in the classroom if approaching a student within their personal distance space. (ie if giving physical corrections). Use hand sanitizer before putting on the mask and after giving the correction.
- 5) Maintaining Good Hygiene.
  - a. Wash hands thoroughly before and after each class.
  - b. Use hand sanitizer if interaction with someone else occurs.
  - c. Do not touch your face without using hand sanitizer afterwards.
  - d. Call in sick if you are showing symptoms of cold/flu such as runny nose or excessive sneezing or coughing.
  - e. Call in sick if you have an abnormal temperature.
  - f. Bring your own water bottles.
  - g. If you touch your face, someone else, or something someone else has touched, use hand sanitizer.
  - h. Wear clean dance attire.
- 6) Be a light in the darkness. Be kind, positive, and encouraging. Exhibit love and strength by following all of the guidelines set forth in this document.