

## **MHDS Safety Plan Regarding COVID-19**

### *Assumption of Risk.*

*You further understand that your child's return and/or participation in classes at Miss Heejin's Dance Studio may expose him/her and others to unavoidable COVID-19 community spread. As such, you hereby expressly and specifically assume the risk of injury or other harm, and also expressly release Miss Heejin's Dance Studio from all liability for injury, illness, or other issue resulting from or in any way related to your child's return or participation.*



## **MHDS COVID-19 Safety Plan & Procedures**

Dancers, parents, family and staff taking part in dance related activities at Miss Heejin's Dance Studio do so with the knowledge of risk and potential exposure involved. In doing so they agree to accept any and all inherent risks to their personal health. Families should understand that this a fluid situation which could change as the season progresses. MHDS will be following the recommendations of the CDC and guidelines set forth by the state of Massachusetts. These protocols and guidelines could change as our local health regulations and or medical advice changes.

### **Important:**

- Everyone must wear a mask while entering, dancing and exiting the studio.
- All staff, teachers and dancers will be in masks at all times.
- Reminder to wash/wear a new mask everyday
- All one hour classes will be approximately 50 minutes long and one and a half hour classes will be approximately 80 minutes long to allow us to clean and sanitize floors and surface areas between classes.
- Dancers will need to bring their own disposable or reusable water bottles. As always, we have these available for purchase if they run out. Cash should be brought in a Ziploc bag.
- All waiting areas are off-limits and closed for the time being.
- Dancers will remain in studios and not be allowed to congregate in the hallways or waiting areas.
- Dancers will be told ahead of time which studio they will be dancing in. Parents will be notified via email.
- Bathroom use is suggested before leaving home, but if needed, a staff member will be cleaning and disinfecting all door, toilet, sink handles and other high touch areas every hour.
- If your dancer has a temperature of 100.4 or above, they must stay home. We encourage families to check the temperature of their dancer daily before coming to the studio. If we have any concerns about a dancer's health while at the studio, we will isolate them in a closed off area (previously used as the dancer's waiting room), away from other dancers and take their temperature. They will remain in the isolation room and sent home if they are feeling unwell or have a fever.

- If anyone in your family has been feeling unwell, or if you have been in contact with anyone that is sick, we ask that you do not send your dancer to class. Each time you send your child to the studio please review the following:
  - Today or in the past 24 hours, has your child or any household members experienced:
    - Fever/Chills
    - New Muscle Aches
    - Cough
    - Sore Throat
    - Difficulty Breathing
    - Unexplained Rash
    - New Loss of Smell or Taste
  - If you answered "yes" to any of the above questions, your child is unfortunately unable to enter the building. Individual must show proof of a negative COVID test result and must be cleared by a physician via documentation in order to return to the studio.
- In the past 14 days:
  - Has anyone in your household been diagnosed with COVID-19?
  - Have you been told to quarantine yourself by any public health authority?
  - Have you had close contact with a person known to be infected with COVID-19?
  - Have you traveled anywhere on a commercial airplane?
  - Have you traveled to a state that is a known “hot spot”?
  - If you answered "yes" to any of the above questions, your dancer should self-quarantine for 14 days or must show proof of a negative COVID test result and must be cleared by a physician via documentation in order to return to the studio.
- If your dancer must quarantine and not attend in-studio classes, and they are feeling well enough to dance, we will have a virtual option available while they are out until they can safely return to the studio. If dancers are feeling well, with no symptoms and a negative test, they can return to in-studio classes.
- If your dancer must miss class due to any type of sickness, including, but not limited to COVID-19, no credits or refunds will be given.
- We will continue to follow Natick Public Schools holidays. If Natick Public Schools choose to convert to a fully remote learning model, MHDS will remain open for in-studio classes, unless the Governor issues a stay at home order.

**Sanitation:**

- Each of our three studio rooms has two hand sanitizer stations.
- Hand sanitizer stations are also located in the hallways and at each entrance.
- Everyone must sanitize hands at our dispensers upon entry.
- We will be sanitizing the floors, barres, high touch areas, etc. in between each class and at the end of the day.
- We are working with a professional company that is coming to disinfect and sanitize spray the entire building once a week.

- We are using the above company's products throughout the week to sanitize, disinfect and spray the entire studio each night.
- We have provided training for employees regarding the social distancing, cleaning and sanitizing protocols.

### **Drop Off & Pick Up**

- Stickers are placed six-foot around the perimeter of the building. Dancers will stand on these markers as they file into the studio, remaining six feet apart. There are also six-foot social distancing stickers in the hallways.
- Dancers will need to remain socially distanced outside of the building until the start of their class.
- They should arrive dressed and ready for their class before entering the studio.
- A staff member/assistant will be on hand to help supervise drop off/pick up of younger dancers.
- Dancers may bring a disposable water bottle or reusable water bottle and their dance shoes in a small dance bag. These items/bags will be brought into class with them, so no large bags will be allowed. Any medical needs (epi-pen, inhaler, etc.) can also be brought into the studio in a Ziploc bag.
- All cell phones should be enclosed in a Ziploc bag, only to be used in case of an emergency.
- No family members are allowed in the waiting areas. This will help reduce foot traffic in our facilities. Parents must remain outside in vehicles if remaining on studio property.
- 2021-2022 class schedules currently allow for 10 minutes between classes to accommodate traffic control regulations in the hallways.

### **During Class**

- Please prepare your dancer for the new, safer environment at MHDS. The floors in all studios are marked with stickers 6-8 feet apart for each dancer and teacher. There are also 6-foot social distancing stickers on the perimeter of each dance room. Please remind your dancers they must stay in their own dancing area or on a social distancing sticker at all times.
- Contactless Class – We will be sure to teach without having any physical contact with students as well as students avoiding contact with each other
- MHDS will only be enrolling a maximum number of students in each class that allow dancers to remain a minimum of 6 feet apart. Each studio room is a different size, allowing for a different maximum enrollment in each class.
- One parent/guardian (no siblings) of our Saturday Creative Movement class dancers will be allowed to enter the building for their dancer's first class to get them settled. However, if your dancer is able, we highly encourage you to leave your dancer at the door with one of our teachers or assistant teachers.
- In our younger classes, teachers may occasionally have physical contact with the dancers. This may happen when comforting a dancer or escorting them to the bathroom. Teachers and assistant teachers will frequently be sanitizing their hands throughout classes.

### **Keeping Your Students Safe & Healthy**

- We request parents to check their child's temperature before leaving home

- If required, we will perform a touchless thermal scan
- Teachers and staff will monitor their temperatures throughout the week and their temperatures will be screened each time they are at the studio.
- Doors will be propped open for dancers to enter and exit the studio.
- Staff will be cleaning and sanitizing thoroughly in between class sessions
- All faculty and dancers will wear a mask at all times.
- All studios are equipped with hepafiltration systems to circulate the air.

*Our number one priority is the safety of each and every one of our dancers, families and staff members and we are doing everything we can to make sure MHDS is safe for all!*

*Thank you for doing your part in stopping the spread of COVID-19!*

Thank you taking the time to read this handbook and the MHDS Safety Plan and for being a part of Miss Heejin's Dance Studio, we can't wait to celebrate our 10<sup>th</sup> Year with our dance family!