

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 them 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.



2022-2023 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 is 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:

- The Commonwealth of Massachusetts continues to strongly recommend COVID-19 Vaccination
- Face masks are *optional* for all MHDS staff and students
- Parents/guardians are permitted to enter the studio to stop by the front desk and pay for tuition, dance gear, etc., but Parent Observation is not permitted
- MHDS Staff will sanitize high-touch surfaces throughout the day and will sanitize our floors at the end of each day
- A cleaning company will come weekly to thoroughly sanitize and disinfect the facility
- Dancers must bring their own disposable or reusable water bottles
 - We have disposable water bottles available for purchase if they run out. Cash for water/snacks should be brought in a plastic Ziplock bag
- Students/Staff who test positive must isolate for at least five days
 - If the positive individual is asymptomatic or they have been fever-free without the use of fever-reducing medicine for 24 hours, they may return to MHDS after Day 5 in a high-quality mask and continue to wear their mask until Day 10
 - If the positive individual tests negative on or after Day 5, they may return to MHDS without a mask

- We will continue to monitor any pandemics/epidemics throughout the school year and will update our families and staff accordingly
No credits or refunds will be given if your dancer must miss class due to injury or illness, including COVID-19.

If Natick Public Schools choose to convert to a fully remote learning model, MHDS will remain open for in-studio classes, unless the Governor of Massachusetts 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 the entrance of the studio
- Everyone entering MHDS must sanitize their hands upon entry
- We will sanitize the barres, bathrooms, and other high touch areas in between each class and at the end of the day
- We will sanitize the floors at the end of each day
- A professional cleaning company will come to disinfect and sanitize spray the entire facility once a week

COVID-19 Symptoms for Child Care, K-12, and Recreation per Massachusetts Guidelines:

- Fever (100.0°F or higher), chills, or shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other causes, such as chronic cough)
- Sore throat, *when in combination with other symptoms*
- Nausea/vomiting, *when in combination with other symptoms*
- Headache, *when in combination with other symptoms*
- Fatigue, *when in combination with other symptoms*
- Nasal congestion or runny nose, *when in combination with other symptoms (not due to other known causes, such as allergies)*

Our number one priority is the safety of each and every one of our dancers, families, and staff members!

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