



Frances Lea Dance Center

2020-2021

Health

and

Safety Guidelines



From the Desks of Joy Guthmiller

Dear Dance Family,

Offering dance class and having students returning to dance is a very exciting time for us. However, although excitement is in the air, our first priority is to have a safe and healthy environment for our teachers and dancers.

We have compiled the guidelines in this booklet for you to read and refer back to whenever needed.

Please be assured that these guidelines are the results of tireless research and with the help of guidelines from the CDC in regards to Covid 19. We have streamlined it as much as possible while keeping our intention clear.

Please read this booklet very carefully, sign the back of the book and return it to our office as soon as possible.

The consent page of this book may be torn off so that you may keep this booklet handy.

So it is with much excitement and love to say...

WE ARE BACK!!! LET'S DANCE!!! LET'S STAY HEALTHY AND SAFE!!

Frances Lea Dance Center

Health and Safety

PARENT CONSENT FORM

I _____ have read and agree to abide by the Frances Lea Dance Center Health and Safety Guidelines. I also give my permission for my child, _____ to follow and abide by the Frances Lea Dance Center Health and Safety Guidelines.

Parent Signature: _____

Print Name: _____

Dancer's Name (Print Please) _____

Date: _____

About COVID-19

Lobby Protocol

1. The lobby will remain clear and empty
2. Water fountain will remain closed
3. Toy room will remain closed
4. Store will open by appointment only
5. Office Assistant will be answering emails and phone.
6. All pertinent information will be conveyed through personal phone calls, email, Website and Facebook.
7. Tuition will automatic drafts
8. All fees will be invoiced and paid via payment portal.

Studio Sanitizing Protocol

1. Ballet barres will be cleaned after each class with sanitizing cleaning solution.
1. All shared props will be sprayed with sanitizing solution after each use.
2. All bathrooms will be sanitized and cleaned nightly
3. HEPA filters have been installed for each A/C to help maintain clean air circulation.
4. Air purifiers have been set up in each room to help maintain clean air circulation.
5. Each teacher will have their temperature taken and will fill out a self screening check list each time they teach.

The virus that causes COVID-19 can infect people of all ages. COVID-19 is spread from person to person through contact that is close enough to share droplets generated by coughing, sneezing, speaking, and even just breathing. COVID-19 can also be spread by touching objects where contaminated droplets have landed. Because of this easy manner of transmission, an infant, child or young person who is infected with COVID-19 can spread the infection to others they come in close contact with, such as members of their household, teachers, or other caregivers. We have learned that infected persons with mild or even no symptoms can spread COVID-19.

These facts are vitally important when considering engaging in dance activities.

Every adult who is responsible for providing care for a youth in a dance setting must be aware of these facts and be willing to comply with the infection control measures that will be in place in this setting. Parents should monitor the health of their children and not send them to participate in dance activities if they exhibit any symptom of COVID-19. They should seek COVID-19 testing promptly and report results to Frances Lea Dance Center given the implications for other children, families, and staff.

Frances Lea Dance Center will be following the guidelines set by the CDC for the prevention of spreading Covid- 19.

Keep Your Dancer Home If

They Exhibits The Following:

- Cough
- Shortness of breath/difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 99.6 degrees Fahrenheit.
- Known close contact with a person who is lab confirmed to have COVID-19.

In the case of a dancer who was diagnosed with COVID-19, the dancer may return to dance when all three of the following criteria are met: at least 3 days (72 hours) have passed *since recovery* (resolution of fever without the use of fever-reducing medications); and the individual has *improvement* in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed *since symptoms first appeared*; or

- In the case of a dancer who has symptoms that could be COVID-19 and does not get evaluated by a medical professional or tested for COVID-19, the dancer is assumed to have COVID-19, and the dancer may not return to dance until the dancer has completed the same three-step criteria listed above; or

- If the dancer has symptoms that could be COVID-19 and wants to return to dance before completing the above self-isolation period, the dancer must obtain a medical professional's note clearing the dancer for return based on a negative nucleic acid COVID-19 test and an alternative diagnosis.

Protocols for Entering Frances Lea Dance Center

1. Dancers only will be allowed to enter the studio
2. Each dancer will have their temperature checked at the door. If the dancer's temperature is 99.6 degrees or above that child will not be permitted to take dance (refer to page two for protocols to return to dance)
3. Each dancer is allowed to bring 1 water bottle and appropriate dance shoes (no snacks or toys will be permitted)
4. Each dancer will be given hand sanitizer before proceeding to their class
5. Each dancer will be required to wear a mask upon exiting their vehicle and while in on studio premises.

Protocols For Classrooms

1. Each teacher will be wearing a face mask.
2. Teacher will give hands off corrections.
3. Choreography will keep students from touching
4. Contact will not be allowed between dancers
5. Each dancer will be required to stay 6 feet apart (all dance rooms have been premeasured and marked for dancers both in center and at barre)
6. If a dancer needs to go to the restroom, they should wash their hands for at least 20 seconds (sing Happy Birthday song twice in a row)
7. Class size will be limited to 10 or less including the teacher
8. Classes will end 5-10 min early to sanitize classroom for next class
9. At end of class dancers will line up 6 feet apart and will be escorted out of studio to parents
10. No cell phone use will be allowed. Each phone will be a zip plastic bag. No charging of phones will be allowed.