



T.U.P.A.C. COVID-19 Guidelines

At Tacoma Urban Performing Arts Center, we value the health and well-being of our employees, students, and community. We will follow the guidelines and recommendations of Center for Disease Control (CDC), the Washington State Department of Health, and the Pierce County Health Department. Our policy regarding COVID-19 will be evaluated and updated based on the latest recommendations.

In order for T.U.P.A.C. to remain open for in-person classes, we rely on all members of our community to work together to keep everyone safe when visiting our buildings. T.U.P.A.C. expects that all students attending in-person classes are following all state, county, and CDC guidelines regarding best practices for covid-19 mitigation.

2. Masks - In accordance with the Washington State order regarding face coverings, it is expected that all T.U.P.A.C. students wear face coverings in public as dictated by the guidelines:

<https://www.doh.wa.gov/Emergencies/COVID19/ClothFaceCoveringsandMasks/>

- a. **All students must be masked upon arrival and remain masked at all times while at T.U.P.A.C.**
 - i. Masks may be removed briefly while actively eating/drinking, but students must stay physically distanced from others while doing so.
- b. **All students are required to provide their own masks for use while in class**
- c. **Mask requirements:**
 - i. **Masks must fit securely and fully cover the nose and mouth**
 - ii. **Masks must have a minimum of two layers of fabric**
 - iii. **Masks cannot have a valve** (masks with valves protect the people wearing them but do not stop virus droplets from escaping and infecting others).
- d. **Students should always have a spare mask in case they need to change masks due to sweating**
 - i. It is recommended that students with multiple classes in a row have at least one mask per class
- e. T.U.P.A.C. has a supply of disposable masks for emergency use.

3. Vaccine

a. Students 5 and older should be vaccinated to attend in-person classes. If your student won't be fully vaccinated by the start of the session, please contact us to let us know when the planned date of vaccination will be. Though all students wear masks, being in close contact when participating in physical activities such as dance puts everyone at risk. Our students come from several schools across several cities. Being fully vaccinated reduces the risk of the spread of Covid-19 to our staff, students, and communities.

4. Testing

- a. Ballet A, Ballet B, Ballet C, Academy 1 - PCR Covid Test Results should be submitted to our online system before first class each week. ie: If the class is on Monday, you'll need to take the test on a Thursday to get the results before the class starts.
- b. Creative Dance, Ballet 1, Ballet 2 - PCR Covid Test Results should be submitted online once a month.

5. Screening and Travel

- a. Parents/Guardians **should monitor their students for symptoms each day** before arriving at T.U.P.A.C.

- i. If your student shows **any** symptoms of COVID please do not come to the T.U.P.A.C. building. A comprehensive list of symptoms can be found on the CDC website:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- ii. Anyone who has COVID-19 symptoms, has been diagnosed with COVID-19, or has possibly been exposed to COVID-19 should not come into T.U.P.A.C. and may take virtual classes until they no longer have symptoms and/or the quarantine period is complete.
- iii. **Students must report any COVID-19 symptoms to T.U.P.A.C.**

6. Building and Studio Expectations

- a. We ask that parents drop off students instead of waiting inside to comply with social distancing in the building. After class, a staff member will escort children to their parents outside.
- b. **Students are encouraged to arrive with their ballet attire on underneath their street clothes when possible.**
 - i. Do not roam the building.
- f. **Remove street shoes prior to entering the studio.**
 - i. Street shoes should be left outside of the studio.
- g. **If students need to use the restroom, they should use hand sanitizer before and after exiting the restroom.**
 - i. **T.U.P.A.C. Staff will regularly clean/disinfect all door handles.**
- h. Please keep your belongings in your cubby and do not share personal items
 - i. **Everyone (including teacher and accompanist) is required to remain masked** the entire class.
 - i. Masks may be temporarily removed while students are drinking water, but dancers must be as far away from others as possible while doing so.

7. Food and Water

- a. **Students should bring their own water bottles with water from home.**
- b. Students will be able to eat a snack during breaks between classes. A designated socially distant space will be given to students to safely allow for this.
- c. **Students should be extra aware of physical distancing while drinking water due to removal of face mask.**

7. Restroom Use

- a. **Wear a mask in hallways and in the restroom.**
- b. Hand washing protocol is STRICTLY ENFORCED.
- c. Please use the restroom before or after class.

8. Cleaning

- a. Always wipe any surface that you will touch **before and after** use to make extra certain it is sanitary.
 - i. Each studio has a designated table with cleaning supplies.
- b. **Students should use hand sanitizer upon entry to the studios, after barre, and at the end of class.**
- c. **Floors and all other surfaces** will be deep-cleaned overnight by the professional crew.

9. Exiting/Checking Out

- a. **Students should sanitize their hands prior to leaving their studio.**

- b. Masks must be worn while exiting and at all times within the building.
- c. **All students must be departed/picked up in a timely fashion at the end of their class.**

10. Protocols should someone develop symptoms while at T.U.P.A.C.

- a. Anyone that develops COVID-19 symptoms while at T.U.P.A.C. should immediately alert the faculty member in the room. If a faculty member is not in the room, the student should report their symptoms to the staff at the front desk.
- b. The symptomatic individual will be isolated until they are able to leave the building.
 - i. If they drive themselves and feel able to drive, they should depart immediately.
 - ii. If an adult needs to come pick them up, the individual will remain isolated until that adult arrives.
- c. Class will end for that class of students. All other students in that class will remain in their designated studio until they are able to leave the building, whether driving themselves or their ride arrives.
- d. School Staff will follow up with members of that class regarding next steps, potential exposure information, and when they are cleared to resume in-person classes.
- e. For additional information, please refer to the Washington Department of Health information regarding what to do in the event of a confirmed or suspected case of COVID-19:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive.pdf>

The privacy of individuals is important to T.U.P.A.C. No specific identifying information will be supplied should a positive case arise. Further, if a positive case arises, T.U.P.A.C. will immediately implement contact tracing protocol and determine if all activities need to cease.

Any questions regarding these Guidelines should be directed to: tupacoffice@tacomaupac.org

- [Free Pierce County Testing Sites](#)
- [Walk up Testing Site Closest to T.U.P.A.C](#)
- [Free Delivery of PCR Test to your Door and Free Pick Up](#)