

# **Steppin' Out Dance Centre**

## **COVID-19 Guidelines**

### **Update for Start of Fall Classes 2020**

**Where Will Classes Be Held?** - We plan to have as many of our classes outdoors in the back parking lot, as long as weather allows, where there is plenty of fresh air as well as space for social distancing. Until we are unable to hold classes outside, our larger classes will be held in the back parking lot and the smaller classes will remain indoors in our large studio. Classes of similar sizes will switch each week. We will be updating our guidelines once all classes have to move indoors.

**Drop Off Procedures** - When dropping off students for classes, all dancers must be dropped off at the front of the building facing Main Street. The doors will be opened for classes 5 min prior to listed class time in order for students to prepare for class. Prior to doors opening, students should wait on the front steps or remain in their car. To enter the building, a face covering must be worn by students ages 5&up - but is recommended for all ages. (see Mask and Face Covering Requirements for more information).

**Daily Screening Procedures** - Upon arrival, students will have their temperature taken at the door by either their teacher or assistant teacher. A hand sanitizing station will be set up at the door for use following temperature check. If your child has any of the following symptoms prior to coming to class please keep them home (to participate in Zoom classes) until symptoms clear.

- \* Fever of 100.4 or higher
- \* Sore Throat
- \* Shortness of Breath or Difficulty Breathing
- \* Cough unrelated to allergies
- \* Loss of Taste or Smell
- \* Vomiting or Diarrhea

**Social Distancing** - Our studio space has been marked to show social distancing standards. These markings should be used throughout class. If you are unable to social distance during class a mask must be worn. (see Mask and Face Covering Requirements for more information). When waiting in line to enter the building, the office, or the bathroom, please respect social distancing guidelines. Most Non-Performance Team classes have been capped at 12 dancers per class and 8 dancers for most Acrobatics classes to ensure social distancing can occur.

**Cleaning and Building Protocols** - Classes held in the building may end 5 min prior to the listed class time in order for teachers to sanitize high touch areas (which include door knobs, ballet bars, props used in class, and bathrooms). During studio open hours, the back door and windows in the lobby and office will be open to increase air circulation throughout our building.

**Hand Washing and Sanitizer** - Hand sanitizer will be available throughout classes. Remember that the CDC recommends frequent hand washing.

**Mask and Facing Covering Requirements** - A mask is required for anyone entering the building. A mask must be worn by anyone entering the office and walking through the lobby. Once dancers are in their classrooms, dancers may remove their masks once instructed by their teacher. Students may continue to wear their mask throughout class but it is not required if they are maintaining 6 feet between dancers. Certain situations may require the teacher to have students put their masks back on. Instances include:

- \* Practicing routines where social distancing may be unable to occur
- \* When being spotted during tricks
- \* Anytime a teacher feels the class is unable to socially distance

Anytime a dancer needs to use the bathroom, they must put their mask back on. It can be removed again once they re-enter their classroom. When leaving the building following class, students must wear their mask until they are completely out of the building.

Teachers and assistants will be required to wear masks anytime they are teaching a class inside the building. Anyone dancing outside (dancers and faculty) are not required to wear a mask, if they are able to maintain the 6 feet distance rule, but it is always recommended.

**Use of Props** - Some classes may begin to implement the use of props in the classroom. Some examples of props include:

- \* Rhythm sticks and parachutes in Mommy & Me and Pre-Ballet Classes
- \* Ballet Bars in 5&up Ballet Classes
- \* Acrobatic Mats in all Acrobatics classes

Props will be sanitized before and after each use for the safety of all dancers

**Spotting and Physical Contact** - At this time we will still be discontinuing the use of physical contact and partner work in our routines. Melissa and her assistants will be spotting students in acrobatics stunts in those classes. Students and teachers will be required to wear masks when spotting. If you have any concerns about this policy, please speak with your instructor directly.

**Pick Up Procedures** - At the end of class students will all exit through the back door of the studio. **All students** will walk around the building (using the path between city hall and the studio) and be picked up in the front. Our youngest dancers will be walked around the building by their teacher or assistant teacher. **Dancers can not be picked up in the back parking lot for safety reasons, with exception to,** our 3 and 4 year old dancers who can be picked up at the back stairwell by a parent.

**Lobby and Dance Wear Store-** Our lobby will remain closed until further notice. Dancers will not be allowed to hang out or eat outside foods in the office, lobby, or entry way between classes. Our dance wear store is open for payments but is limited to one family in the office at a time. A line may form in the lobby to enter the office as long as social distancing standards are followed and masks are worn. Hours for our dance wear store will be posted before the start of classes on our website and on our front door.

**Zoom** - All classes will be offered via Zoom. Please check the box on the waiver if your child will be participating in all or most of our Zoom classes so teachers can expect your child online. If your child needs to participate in a Zoom class at any time please let your teacher know prior to class. (See the attached page for the Zoom codes for all classes)

**Steppin' Out Dance Centre**  
**Assumption of the Risk & Waiver of Liability Relating to**  
**Injury and Coronavirus/COVID-19**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is contagious and is believed to spread mainly through person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing.

Steppin' Out Dance Centre (SODC) has put in place preventative measures to reduce the spread of COVID-19 and likelihood of physical injuries; however, SODC cannot guarantee that you or your child(ren) will not be exposed to or become infected with COVID-19 or assume a physical injury.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk of exposure by attending SODC.

I agree to assume all of the risks and accept sole responsibility for any injury or illness that myself and my child(ren) may be exposed to or incur in connection with my child(ren)'s attendance at SODC or participation in SODC classes. On my behalf, and on behalf of my children, I hereby agree not to sue or hold harmless SODC or its employees, of and from the claims of illness due to COVID-19. I understand and agree that this release includes any claims based on the actions of SODC and its employees whether a COVID-19 infection or other injury occurs before, during, or after participation in any SODC program, class, or event.

**Please return a printed version of this form to your teacher or the receptionist during the first week of classes.**

By signing below, you consent to following the above listed guidelines and accept risk as stated in the above waiver for yourself, your child, and anyone you are in contact with.

**Parent/Guardian's Name (printed):** \_\_\_\_\_

**Parent/Guardian's Signature:** \_\_\_\_\_

**Please list all students (including yourself if a dancer) and their ages (if under 18) who are participating in our program and check if they will be participating in Zoom for all or most of this year's classes**

**Dancer #1:** \_\_\_\_\_ **Zoom:** \_\_\_\_\_

**Dancer #2:** \_\_\_\_\_ **Zoom:** \_\_\_\_\_

**Dancer #3:** \_\_\_\_\_ **Zoom:** \_\_\_\_\_

**Dancer #4:** \_\_\_\_\_ **Zoom:** \_\_\_\_\_

**Dancer #5:** \_\_\_\_\_ **Zoom:** \_\_\_\_\_