



This handbook will serve as Pure Energy Dance guide to COVID Protocols.



### Symptoms and Wellness Checks

Dancers, should remain home if they have a fever, cough, shortness of breath, sore throat, loss of taste or smell or have been in contact with someone who has tested positive for COVID until they receive their test results back.

Dancers showing any of the above symptoms will not be able to attend class

Dancers will be asked for a verbal wellness check and possible temperature check at the time of arrival to verify that the dancer is not experiencing any symptoms and that he / she has not been directly exposed to COVID.



### Mask and Face Coverings

Alberta Health Services does not recommend wearing masks during physical activity, however, they are strongly recommended at check in and exit of the premises.

Please discuss your family's choice with your child before class. Parents who wish their child to wear a mask throughout class may do so, however we will be closely monitoring them and may give more breaks to ensure they don't overheat or experience shortness of breath. Please email the studio if you wish your child to wear a mask throughout their time in class. This must be communicated in writing so it can be noted in your child's file.

Pure Energy staff will remain masked when physical distance cannot be maintained.



### Getting Ready For Class

Our Change rooms will remain closed. Participants should get dressed for class and fix their hair at home.

Dancers should wear street shoes that they can take off and put on by themselves.

Clearly label your child's items with his / her name.



### Drop Off – and Pick Up

\* Lobby remains closed at this time

It is strongly encouraged to wear a mask during drop off and pick up.

Please do not arrive at the studio more than 5 minutes prior to your class. Our Lobby will remain closed.

Dancers will **line up outside** along the studio windows by the main doors.

Verbal Health checks and hand sanitizing will take place during entering the building.



### Symptoms Develop During Class

**Symp**Any participants that develop symptoms during class will have their parent or guardian called to be picked up.

Headaches, tummy aches, sore throat, cough, runny nose, fever and the common “I don’t feel good” will all be cause for the participant to go home.

Participants who are sent home need to be symptom free for at least 72 hours before returning to class.

Please do not cry Wolf! While some participants, big and small tend to getan “upsent tummy” when their least favorite exercise comes along... please remind them that they will need to be sent home even if they were just hoping to take a break during class.

Teach them to ask for a break rather than defaulting to not feeling well. They will be isolated and extra effort and precautions will be taken immediately when a child says they are unwell. This may be scarier then asking for a break properly



### Restroom Use

Restroom use is for emergencies only.

Restroom cannot be used for changing rooms. Please change at home.

We have increased our bathroom sanitization (once an hour). Restrooms are assigned to each classroom to facilitate contact tracing. Remember to use the restroom at home before coming.



### Breaks Between Classes

We understand that dancers have gaps in their schedules or rehearsals. At this time dancers will need to be picked up during all breaks as we cannot physically distance students in the studio during break times.



### Can Family and Friends Enter into the Studio?

Our Lobby is currently closed.

Need assistance? No Problem! Our board is here to help you! You can reach us by email or phone and can serve you curbside or set up a meeting time.



### Facility and Curricular Adjustments

All adjustments have been made with the success and safety of the students in mind.

Each studio has been set up and marked with spaces that allow for physical distancing between dancers.

All class sizes have been monitored to allow participants to maintain the current recommended physical distancing during class.

Each participant will have a personalized prop requirement to use during class.



## Dance At Home

Our \_\_\_\_\_ ensures our service continuity with no disruption to your classroom experience.

In the event that a class is unable to be held at the studio classes will immediately convert to distance learning.

Dancers are always welcome to connect and learn at home through the \_\_\_\_\_ for any reason. This allows children to continue their training if they need to participate from home for physical or mental health reasons. We are here to support your child no matter where they train. Please notify the studio by 3:00 via phone or emails that your dancer will be accessing distance learning so that the teacher may set up the class.



## Check List

### **Before you Arrive**

Get changed at home and use the bathroom

Fill your water bottle at home – our water stations are not available for use at this time.

Ensure any snacks you bring can be opened by yourself

Don't forget any props you may need for class

### **Studio Arrival and Departure**

Enter at main Door

Hand Sanitizer at arrival

Proceed to your studio

Go to the furthest bin from the door in the studio - Place all items in a bin – including footwear and jackets.

Go to the furthest PEDF Circle from the door and sit down and wait for your teacher.

Have fun in class and listen to their teachers!

Gather items back into your bin

Return bin for sanitizing

Sanitize your hands

Exit Studio and building

### **Features**

Enhanced cleaning throughout class and end of day.

Facility adjustments

Small Classes

Assigned bathrooms for each studio sanitized hourly.

Personalized prop bags

Signage for all new protocols

Increased staff availability to sub as needed for less disruption.