

# NIAGARA DANCE CENTRE

## COVID-19 SAFETY PROTOCOLS

Please familiarize yourselves with these procedures so that we may minimize disruptions and dance together safely. The health and well-being of our dancers, their families, and our staff is our top priority!

### *Before Coming to the Studio*

#### **1. CONDUCT A HEALTH SCREENING:**

- Check that your dancer does not have a fever (per the CDC, a temperature of 100.3°F or below is considered safe).
- Check that your dancer does not have, or has recently had, any of the following symptoms:
  - a new or worsening cough
  - shortness of breath or difficulty breathing
  - fatigue
  - muscle or body aches
  - headache
  - new loss of taste or smell
  - sore throat
  - congestion or runny nose
  - nausea, vomiting, diarrhea, or other gastrointestinal issues
- Check that your dancer has not been in contact with anyone who has exhibited a fever or any of those symptoms in the past 14 days.
- Acknowledge that your dancer and their immediately family have not traveled to a COVID-19 hotspot within the past 14 days.

*\*\*If your dancer is exhibiting symptoms or has otherwise been exposed to COVID-19, please notify the studio immediately for the protection of our studio community. If they are feeling well, we will make arrangements with you for them to continue to practice at home. When they are ready to return to class, we require a medical release.\*\**

#### **2. PACK LIGHTLY:**

- Come dressed to dance. Dancers will not be permitted to change on site.
- Pack your dance bag with only what you need for dance. We recommend that you label your shoes and equipment.
- Bring a *labeled* water bottle (and pack extras if needed). Dancers will not be permitted to fill water bottles up in the sink in the bathroom. No food or drink is permitted in the studio.
- Street shoes must be placed into dance bag after arrival at the studio.

### **3. USE THE RESTROOM:**

- Dancers are encouraged to use the restroom at home before coming to class.

## *Upon Arrival*

### **1. SOCIALLY DISTANCED DROP-OFFS:**

- Plan to arrive early to accommodate staggered entrances and screenings.
- Safe distancing markers will be placed outside at the entrance to the studio. Dancers and parents/guardians must use these markers at all times to maintain safe distancing.
- Only dancers and staff are permitted to enter the studio. A staff member will be stationed at the entrance to screen and escort students inside before class.
- Masks or face coverings must be worn as mandated by New York State. There will be no admittance to the studio without a mask or face covering. (As needed, dancers will periodically be given breaks during which masks and face coverings can be removed briefly while maintaining safe distances.)

### **2. UNDERGO A HEALTH SCREENING:**

- Dancers will have their temperatures taken with a no-touch thermometer before admittance to the studio.
- Dancers and/or their parent/guardian will confirm that they are not currently exhibiting symptoms of COVID-19, and that they have not been in recent contact with anyone who is exhibiting symptoms.
- Dancers and/or their parent/guardian will confirm that they have not traveled to a COVID-19 hotspot within the past 14 days.

## *During Class*

### **1. SOCIALLY DISTANCED DANCING:**

- Both studios will have clear markings designating safely distanced spaces for our students: 6-foot square markers for floor practice, as well as 6-foot markers for placement at the barres.
- There will be no shared equipment or props among dancers. Dancers are encouraged to bring their own yoga blocks, resistance bands, and mats if they have them. Otherwise, we will minimize their use or sanitize and individually assign items as needed.
- No bare feet allowed. Students must wear shoes at all times. Acro dancers will wear socks with grips, as per Miss Amy's recommendation.

- Masks or face coverings must be worn as mandated by New York State. (As needed, dancers will periodically be given breaks during which masks and face coverings can be removed briefly while maintaining safe distances.)
- No observations will be allowed. Due to capacity limitations, the only people permitted inside the studio during classes will be dancers and staff.
- If students need to use the restroom, it will be sanitized after each use.

## *Between Classes*

### **1. SANITATION PROCEDURES:**

- Door handles, ledges, and other common areas will be disinfected and cleaned.
- Barres, equipment, and studio floors will be disinfected and cleaned between each class.

### **2. TRAFFIC FLOW:**

- Student departures and arrivals will be staggered and monitored by staff to maintain appropriate social distancing and to avoid capacity issues.

## *After Class*

### **1. PACK UP:**

- Take everything with you. In particular, water bottles that are left behind will be discarded.

### **2. SOCIALLY DISTANCED PICK-UP:**

- Please be prompt to avoid overflow in the entryway and to accommodate staggered exits.
- Safe distancing markers will be placed outside at the entrance to the studio. Dancers and parents/guardians must use these markers at all times to maintain safe distancing.
- Only dancers and staff are permitted to enter the studio. A staff member will be stationed at the entrance to screen and escort students outside after class.
- The studio will be deep cleaned after all classes have concluded for the day.

## *Miscellaneous*

- The staff will undergo regular wellness checks and health screenings prior to arriving to the studio to teach.

- Sanitation stations equipped with hand sanitizer, masks, and tissue will be mounted at the entrance to each studio for your convenience.
- Weather permitting, the doors will be propped open to facilitate airflow.
- All payments must be touchless—either mailed or dropped into the purple box. Teachers cannot take payments or write receipts.
- Class times have been adjusted to accommodate capacity limitations as well as sanitation procedures.
- Class sizes will be limited to accommodate these guidelines.
- Policies are subject to change as circumstances and local, state, and federal guidances do.

*Thank you!*

- We know that these measures place an extra burden on you and your dancer. We appreciate that you are willing to take these steps to protect our Niagara Dance family.