



COVID – 19 Policies and Procedures for In-Studio Classes

Updated December 29, 2020; effective until further notice

We have implemented precautions to keep our students and team safe in returning to the studio.

Symptoms of COVID-19 include: Fever, chills, sore throat, new or worsening cough, sneezing, aches, respiratory problems including shortness of breath, stuffy or runny nose, fatigue, loss of appetite or sense of taste or smell, diarrhea, chest pain, rash on skin, discolouration of fingers or toes, new or worsening body aches and headache.

Though it is believed that asymptomatic people can spread Covid-19, to be as cautious as possible, the parent/guardian of each student, and every teacher and staff member who may wish to enter the School facility, is asked to screen their child/ren/themselves **each day before any entry to the studio** using these Self-Assessment Points - please do not come to class if your child:

- is experiencing any of the above Symptoms, or has experienced any of the Symptoms within the last 14 days, due to any cause whatsoever including but not limited to suspected/known allergic reactions.

Furthermore, everyone is asked not to enter if they, or any member of their household:

- is known to have or is suspected of having COVID-19, or has been in contact with anyone known to have or suspected of having COVID-19 in the last 14 days;
- or has travelled outside the country within the last 14 days;
- or is under direction of the provincial health officer to self-isolate.

Should anyone in the building **develop any Symptoms**, they are asked to **leave the studio**; and if a member of our team sees anyone displaying any Symptoms, they will ask them to go home.

There is signage regarding Physical Distancing, hand washing procedure, symptoms of COVID -19, and information on cleaning and occupancy numbers, posted at the facility.

If we are alerted by Fraser Health due to a COVID-19 case, we will follow their instructions and be in touch with families immediately.

MASKS

The latest PHO provides that masks "can be encouraged to be worn during exercise, but not required".

Please note the policy regarding masks is now further updated: All persons ages 12 and up must wear a mask when entering the studio premises. Masks must not be removed until the teacher advises that they may be removed. Teachers will only invite vs. instruct students to remove masks when physical distancing of 2.5m can be maintained and heart rate is at a cardio level. Masks must be worn in all common areas, bathroom, break rooms and the Office.

Physical Distancing

Physical Distancing of **two meters/six feet** will be required of everyone – even those who share a household – at all times while in the studio.

All **inquiries must be made via phone or email**. All payments must be made by e-transfer, online via credit card/paypal or cheque in a labelled envelope, mailed or dropped at the studio office by a student.

Please **talk to your child/ren** about maintaining strict Physical Distance at all times.

If a student is not able to follow the safety protocols or direction of teachers/staff while at the studio - we will need to call their family to be picked up and a written warning will be provided.

We ask at this time that only teachers, staff and students taking class enter our building - No visitors will be permitted at this time.

Because our front door is locked during class, we ask that students do not arrive late. We also ask that they do not arrive more than 5 min early for class as we will not be able to let them into the studio until their class start time.

Parents, please be sure that you are on time for drop off/pick up. Students must exit our building through the BACK DOOR and it is not an ideal space to be waiting outside for pick up. We cannot supply supervision before or after classes.

We have voluntarily reduced our capacity to **50 persons** until since June 2020.

From the British Columbia Centre for Disease Control Guidelines for Recreation Facilities:

“Events that bring more than 50 people closely together – indoors or outdoors – are ordered to be cancelled for now. This does not apply to buildings where the environment allows for distance between people.”

Every area of the studio now has a maximum occupancy limit to provide Physical Distancing of at least 2 metres/six feet at all times, and **2.5m when exercising**.

Our class times have been re-scheduled to allow for cleaning in between each class with our fogging system. Our studio under goes a full clean at the end of each night and a deep clean once a week to ensure the full studio is sanitized at all times.

Students must **bring only the personal items they require** to the facility, in a **small to medium sized bag**. We highly recommend the following items in their dance bag:

- socks - **no bare feet** will be permitted
- tissues/handkerchief
- **hand sanitizer/disinfecting wipes**
- adhesive bandages(“Band-aids”)

Students must keep their belongings in **their own Distanced area in the studio** in which they are training while in the facility.

In the studio, no one should share food or **personal items** including phones, pens or pencils or equipment such as yoga blocks, resistance bands, etc.

Electronic devices including cell phones must be stored OFF and remain in your bag.

Students who will require food between classes require permission to keep food in their bag with their personal belongings and ask where they can safely eat.

Use of Toilets and Washrooms

The washrooms are now only for handwashing and using a toilet if necessary.

We encourage everyone to make sure to **use the toilet before coming to the studio** to avoid entering the washrooms.

There is **no changing of attire allowed at the studio**, Students must **arrive ready in hair and attire**.

Those who are not being dropped off can wear clothing over their dance wear and take it off once they are safely able to do so.

So, **no attire or hair changes** when switching classes, **only shoe changes** as required.

The building's **doors will be propped open when possible**, so people can pass through without touching handles/pulls.

Audio

We are now also operating under the new audio requirements: "Music must be kept below speaking volume in order to reduce singing or shouting".

Please **discuss everything in this document with your child.**

At the start of each class, teachers will ensure that everyone in the Studio:

- has washed their hands before entering Studio;
- knows how to cover a cough or sneeze;
- knows how to maintain Physical Distance in the Studios and in the common areas;

but repetition is necessary when absorbing new information.

Thank you for taking the time to read this information.

We are so excited to be back working with our students again in the studios. Thank you for your help in making sure it is safe.

From all of us,
Dance Xpressions