

Enhanced Health and Safety Protocols Sisters Dance Academy Winter 2021

Below are the policies and procedures adopted by our studio in response to the Covid-19 pandemic. Our protocols are in accordance with indoor fitness facility mandates outlined by Oregon State as well as federal and state workplace requirements. We are constantly staying up to date on these mandates, as they are continually being updated and/or changed, and we will always update our protocols to meet or exceed the state guidelines. All families must complete the updated COVID-19 waiver/release form on our website before participating in any classes at the Sisters Dance Academy. Safety is the top priority for our dancers, instructors, and community. The following are general guidelines and procedures we have established to maintain a safe and comfortable experience.

Preparing to Come to Class:

- Dancers need to come to class already dressed in the proper attire and wearing a mask (for ages 5+).
- **NO OUTSIDE SHOES WILL BE ALLOWED IN STUDIO A OR B.** To minimize dirt, outside debris, water, etc. we will not allow any shoes that are not specified for dance to be worn in the dancing spaces. **ESPECIALLY** with the installation of our new flooring, this will be a very important rule to follow. Dance shoes are **ONLY** to be worn in the studio, not outside. All outside shoes can be stored in a cubby with the dancer's belongings during class.
- To minimize restroom usage, please encourage dancers to use the bathroom prior to leaving home. Restrooms are for single use occupancy and not used for changing.
- Dancers need to be dressed in the proper attire before their arrival to the studio and must stay in the same attire for consecutive classes. Dancers can add/remove layers that fit into 1 small bag.
- Dancers must bring their own water bottle to every class.
- All staff and students are expected to stay home if displaying COVID-like symptoms; is currently being tested, treated, or quarantined for COVID; or if they have been in close contact with someone who is suspected or confirmed to have COVID. They will be able to return to in-class learning once they meet the return-to-activity criteria set out by the local county health department or their physician.

In-Studio Protocols:

- Parents/Guardians must drop off and pick up dancers ages 5 and older outside the front entrance of the studio. Dancers under age 5 (or if age 5 and enrolled in our preschool age classes) may be accompanied by 1 adult into the studio and this adult may observe/assist them

in our hallway and remain for the entire class. Parent/guardians are required to wear a face mask upon entrance to our facility and need to maintain social distancing while in the hall.

- Upon arrival to the studio, dancers will wait outside the front doors until your child's class is welcomed in.
- Dancers will be required to sanitize their hands upon entrance into the building. We will provide sanitizer as well as the option to wash with hot water and soap in our bathrooms.
- Students will be asked to place their belongings in our hallway cubbies and bring their water bottle into class. Every other cubby will be open. For dancers who have a combo class and need to change their shoes during class, dancers will need to bring all dance shoes into the classroom with them. Shoes and water bottles will be set in their own space, distanced from other dancer's belongings.
- There will be a maximum of 6 students in Studio A and 5 students in Studio B in order to follow current OHA Sector Guidelines for Indoor Fitness Facilities (see link here: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/1e2352.pdf>)
 - Dancers must wear their masks during class, but we will allow breathing breaks for drinks of water, or to step outside if needed.
 - We ask that students and staff refrain from all physical contact including hugs, high 5's, hand holding, etc.
 - Only enrolled dancers are allowed to enter the building and the lobby, hallway, and viewing windows are only open to parents of dancers age 5 and younger (our preschool age classes).
 - Classes in Studio A and B will be offset 15 minutes to free up the hallways and allow dancers to social distance.

Departure Procedures

- Dancers ages 12 and under will be escorted outside and wait with our designated staff until they have been excused to leave with a parent/guardian. Dancers are expected to social distance until they are picked up.
- Dancers ages 13+ will be excused from class and can wait outside to be picked up while following social distancing guidelines, unless other arrangements are made with Sisters Dance Academy.
 - **We respectfully request that you be right on time to pick up your dancer(s) in order to facilitate a safe and smooth flow for the exits and entrances of our dancers for each class.**

Safety and Sanitation

- Bathrooms, doorknobs, benches, and any other common spaces or frequently touched surfaces will be cleaned and sanitized between classes.
- All studio floors will be disinfected between classes.
- Mats will not be used during classes.
- All payments and inquiries will need to be handled online as we are currently not staffing our front office.

Email: office@sistersdanceacademy.com and Office Phone: 541-719-1208

Lonnie's Cell Phone: 541-280-7159

COVID-19 Exposure Protocol

Confirmed Covid-19 Exposure Policy

We will immediately let all people who have had possible exposure know of this exposure, to the best of our ability and knowledge, so that everyone can quarantine if indicated, including teachers, for the duration of recommended time (currently 2 weeks). To the best of our ability and knowledge we will protect the identity of the positive Covid individual. For that period of time, all of the exposed Teachers' classes will be on Zoom and not on-site. We recommend that all exposed persons follow the updated guidelines for testing, monitoring of symptoms, and quarantine. We will also notify the local county health department, who may get involved in notifying families of students who are considered "close contacts" of a positive case, and they can help arrange testing and provide recommendations for symptom monitoring and quarantine.

Confirmed Covid-19 Positive Case Policy

We will immediately let everyone enrolled at the studio know and let all people who have had possible exposure to a positive case, to the best of our ability and knowledge, know of this exposure, so that everyone (including teachers) with exposure can quarantine, if indicated, for the duration of recommended time (currently 2 weeks). For that duration of time Teachers' classes will be on Zoom and not in-person. We recommend that all exposed persons follow the updated guidelines for testing, monitoring of symptoms, and quarantine. We will notify the local county health department, who may get involved in notifying families of students who are considered "close contacts" of a positive case, and they can help arrange testing and provide recommendations for symptom monitoring and quarantine.

If there is an "outbreak" at the dance studio, we will close down the studio for a minimum of 2 weeks, depending on the recommendations by the Deschutes County Health Department, and local and state authorities.

Please keep your dancer home if.....

1. A fever within 24 hours or any other **symptoms of Covid-19.**
2. If you have knowledge of a possible exposure to anyone who has been tested positive with Covid-19. If you are considered a close contact of someone who is suspected to have COVID and you are required to quarantine, according to local health department guidelines.
3. If you are suspected to have COVID or have been diagnosed with Covid-19 your dancer must complete their quarantine according to local health department guidelines before returning to class for in person instruction.

FAQ's

What if my student has multiple classes in a row?

Your dancer will be able to remain in the studio ONLY if your dancer's next class is within 15 minutes. If there is a longer wait than 15 minutes, they must leave and return at the corresponding time of their next class.

What if I need to change my clothes between classes?

Only our 2 restrooms are open for bathroom needs and not for changing, so we can limit the amount of usage in our bathrooms. We recommend our dancers coming in layers that can be taken off before and put back on after class to prevent the need for our dancers to change. Our changing room is closed due to a need for storing items we cannot currently use in our classrooms due to COVID (i.e. mats, equipment, etc.).

What if I miss a class and need to make it up?

Makeup classes will only be offered in the case that another class on our schedule in your child's age range and style has availability. If the coordinating classes are full, doing a makeup class will not be an option. In the event of a missed class, there will not be a refund or credit given. There are many resources on-line for additional strengthening and training exercises to stay engaged with if you miss classes. If you need assistance locating these resources, please inquire via email. This is our new make-up policy until further notice.

What if I forgot my water bottle, or my water bottle is empty and I need a drink?

We have refrigerated water we can offer for \$1 per bottle. This charge will be added to your dancer's account.