

BHDC

SAFETY RULES AND PROTOCOLS



Symptoms and Wellness checks:

- Participants should remain home if they have a fever, sore throat, cough, shortness of breath, lost of taste or smell or have tested positive for COVID-19 in the past 14 days. Information from the CDC can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Participants showing any of the above symptoms will not be able to attend classes.
- Every participant must conduct wellness checks prior to classes and sign the additional participant waiver prior to entering the studio. Students can bring signed waivers to their first class.

Masks and Face Coverings

- Our priority is keeping our dancers, dance families and teachers safe. At this time we will require masks for all participants. We will re-evaluate if we see a marked decline in the spread of the virus locally or there is viable treatment solutions. We also encourage parents to help their dancer practice how to put their own mask on should it fall off.
- We will provide disposable masks if needed.
- We want to make sure we put the best practices in place to provide participants with safer environments in order to continue dancing together!

Getting Ready for Class:

- Participants should get dressed for class, fix their hair and use the restroom at home.
- Participants should wear street shoes that they can remove and put on by themselves.
- Participants can arrive in a cover-up or jackets as needed for the weather.
- Put everything necessary for that day's class in your dance bag. Please leave all other items at home.
- Clearly label your child's items with their name.
- Dancers will be asked to sanitize or wash hands upon entry and during class if we observe hands near eyes, noses or mouth.
- Students are welcome to bring yoga mats for floor warm ups in jazz and modern classes.

Restroom and Dressing Room Use:

- Restroom use is for emergencies only.
- Restrooms cannot be used for changing rooms (except for the first class as new dance wear has arrived). Please change at home.
- The bathroom will be sanitized before each day of classes.
- Our waiting room and dressing room areas are currently closed.
- We are observing limited numbers of people in the building at a time, in order to serve our students. Parents will not be permitted to stay.

Drop off and Pick up:

- Please wait in your vehicle until 5 minutes prior to class. We will need time to clean the spaces and surfaces prior to beginning your student's class.
- Students will line up on floor markers in the hallway and into the waiting room before entering the studio.

- All water bottles left in the studio will be thrown out.
- We will collect lost and found items for a week then those items will be thrown out if there is not a name on the item.
- Please put your name in all dance wear.
- Please remember to bring your own hair ties, barrettes and bobby pins.
- We will continue to provide bandaids and any first aid care necessary.

- Please meet your dancer outside after class. If you are accompanying a young dancer up or down the stairs and into the building, we ask that you please practice social distancing.
- Staggered entry and exit times mean that dancers will maintain physical distancing measures of at least 6' between people.



Symptoms Develop During Class:

- Any participants who develop symptoms of any illness during class can rest assured that we will call a parent or guardian immediately to collect their dancer. Our protocols include reporting and record-keeping so that we have contract-tracing should it be necessary.
- Headaches, tummy ache, sore throat, cough, fever and a common “I don’t feel good,” will all be considered cause for the participant to remain home or to return home, if at the studio. Participants who are sent home will need to be symptom-free for at least 72 hours before returning to class.
- If any member of our dance community tests positive for COVID-19 we will inform families immediately.
- Please contact us prior to returning if you have been ill.
- Dancer's who are ill or miss a class or portion of a class, may not make up the class with another group, for this season.
- Teach your dancer to ask for a break rather than defaulting to a “cry wolf” approach if they do not feel like dancing. Please remind your dancer that they will be sent home if they say “I don’t feel good.”

Curriculum Adjustments:

- All improvements have been made with the success and safety of our students in mind.
- The studio is marked with spaces that allow for physical distancing between each participant.
- All class sizes have been reduced for the season to allow students to maintain our current recommended physical distancing during classes. At this time, **masks will be required.**
- We will be using a medical grade air purifier in the dance studio.
- In the event that a class can not be held in person due to covid exposure, we will plan on moving that class online using Zoom.

Studio Arrival and Departure:

- Make sure your mask is secure before entry
- Wash hands or use hand sanitizer on arrival
- Find and wait on your social distanced spot
- Wait to be invited into the classroom
- Bring your dance bags and all other items, including shoes and jackets into the studio and place on marked locations on the stage.
- Have fun in class and listen to the rules. 🧘🏻‍♀️👂
- Collect dance bags and await dismissal directions from your teacher

Before You Arrive Checklist

- ▶ **Change clothes at home and use the bathroom**
- ▶ **Fill your water bottle at home. We will not be using the bathroom for refills.**
- ▶ **Please bring your own kleenex and extra hand sanitizer if needed.**
- ▶ **Make sure everything you need is in your dance bag!**

