

Foothills Dance Conservatory Covid-19 Guidelines 2020-2021

1. If you are sick with any of the following symptoms OR if you have been around anyone with the following symptoms, please stay home and **DO NOT** come to the studio. Please do not assume the symptoms are something else as we cannot take chances with any of our dancers. (Please do not send your child to the studio sick as Covid—19 can present differently in children and you may not see all the symptoms.) Please plan to have your child utilize Zoom classes whenever unsure about their symptoms as needed.
 - a. Fever or chills
 - b. Cough
 - c. Shortness of breath or difficulty breathing
 - d. Fatigue
 - e. Muscle or body aches
 - f. Headache
 - g. New loss of taste or smell
 - h. Sore throat
 - i. Congestion or runny nose
 - j. Nausea
 - k. Vomiting
 - l. Diarrhea

1. If a dancer has these symptoms and is diagnosed with or suspected of having Covid-19 they must follow the CDC guidelines below BEFORE returning to the studio:
 - a. Wait at least 10 days since symptoms first appeared
 - b. **AND** At least 24 hours with no fever without fever-reducing medication
 - c. **AND** Symptoms have improved before returning to the studio

2. If a dancer comes in direct contact with a family member or someone who is diagnosed with Covid-19 it is recommended that they follow the CDC guidelines listed below:
 - a. Stay home for 14 days after your last contact with a person who has COVID-19
 - b. Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
 - c. If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19 before returning to the studio. (Plan to utilize Zoom classes as needed)

3. Zoom will be an option for classes for those who choose to not be in the studio or for a student who needs to be out with Covid-19, or in quarantine for Covid-19. Please make faculty aware if you intend for your student to take classes via Zoom.

4. All dancers upon arrival each day for class will have their temperature scanned on a hands-free device outside the back door. If the dancer's temperature is above 100.3, he/she must leave and are not allowed in the studio. If you drop your dancer off at the studio, please wait to ensure their temperature is within normal limits. Please check your dancer's temperature before leaving home.

5. **NO ONE is allowed in the studio without a mask. ALL DANCERS and TEACHERS will wear a mask, AT ALL TIMES, EVEN DURING CLASS.** If a student needs to remove the mask during class to take a drink of water or to take a breath, please remove the mask from the ears not the front according to the handout from CDC below and then reapply. Dancers can wear any mask/face covering of their choice, but as a courtesy listed below are websites who sell mask designed for dancers/athletes, which could work best for wearing while dancing.

6. Dancers and all those who enter must WASH THEIR HANDS upon entering the building. A hand washing station will be at both doors. Parents of younger students please assist them with hand washing. Please avoid touching of eyes, nose, and mouth with unwashed hands and at all times. Cover mouth and nose when you cough or sneeze, and throw used tissues away immediately after use, then wash your hands.
7. Please have your students only bring a small bag with only what they need for class. Please limit the belongings brought into the studio, to include ballet slippers, pointe shoes, and a water bottle ONLY. **Students bags WILL NOT be in the hallway or the dressing room they need to stay with student in class at all times, therefore the bag must be small (older students can use their pointe shoe bag).**
8. Parents are asked to not be in the studio, if possible, to limit the number of people in the studio and maintain social distancing. If parents must enter, please always wear a mask, wash hands, and try to stay six feet apart from others.
9. Everyone must stay at least six feet apart in class and at all times. We will mark the floor and barre in class with tape to accommodate this spacing guideline. Parents of younger students please be sure to help your students abide by the social distancing guidelines.
10. Class sizes will be limited to 10 per class in the upper levels and 5 per class in the pre/creative levels. If there are too many in any higher-level classes, we will accommodate by having students alternate and utilize an open room by taking the class via Zoom in that open room to keep classes at or below 10.
11. Class times will be staggered by 15 minutes to limit the traffic in the hallway. If classes are back to back class times and students must change from the black studio to the yellow studio they should exit the black studio out the FRONT DOOR OF THE BLACK STUDIO to enter the yellow studio and EXIT OUT THE BACK DOOR OF THE YELLOW STUDIO to enter the black room.
12. All students will **enter the studio in the BACK DOOR** for class and **exit the studio from the FRONT DOOR** after class. Please be prepared to pick up your dancer at the front of the building and you can turn down the alley way between the buildings to leave after class. **Parents are responsible for picking up their students in the front of the building not the back.**
13. NO congregating in common area before or after class, including the hallway, dressing room, tap room, etc. When students arrive, they should go directly to class. Students should leave IMMEDIATELY after class, no hanging out at the studio. NO more than three students in the dressing room at one time. If these guidelines are not followed the dressing room will be closed and no one will be allowed to use it.
14. Students will be given supplies to wipe their section of the barre down after class before leaving the room. Students should then wash their hands after class, collect belongings and exit the building, masked, immediately after class.

Dancer Face mask Options:

1. <https://us.blochworld.com>
2. <https://allegrodanceboutique.com>
3. <https://dancewearcorner.com>
4. <https://eurotard.com/>
5. <https://www.underarmour.com>

By my signature, I (Parent/Student) acknowledge that I have read and fully understand and agree to the Foothills Dance Conservatory Covid-19 Guidelines 2020-2021.

Printed Name (Parent/Guardian): _____

Signature (Parent/Guardian): _____

Printed Name (Student): _____

Signature (Student): _____

Date: _____

Facemask Do's and Don'ts

For Healthcare Personnel

When putting on a facemask

Clean your hands and put on your facemask so it fully covers your mouth and nose.



DO secure the elastic bands around your ears.



DO secure the ties at the middle of your head and the base of your head.

When wearing a facemask, don't do the following:



DON'T wear your facemask under your nose or mouth.



DON'T allow a strap to hang down. DON'T cross the straps.



DON'T touch or adjust your facemask without cleaning your hands before and after.



DON'T wear your facemask on your head.



DON'T wear your facemask around your neck.



DON'T wear your facemask around your arm.

When removing a facemask

Clean your hands and remove your facemask touching only the straps or ties.



DO leave the patient care area, then clean your hands with alcohol-based hand sanitizer or soap and water.



DO remove your facemask by touching ONLY the straps or ties, throw it away*, and clean your hands again.

*If implementing limited reuse: Facemasks should be carefully folded so that the outer surface is held inward and against itself to reduce contact with the outer surface during storage. Folded facemasks can be stored between uses in a clean, sealable paper bag or breathable container.

Additional information is available about how to safely put on and remove personal protective equipment, including facemasks:
<http://www.cdc.gov/coronavirus/2019-nCoV/hcp/using-ppe.html>.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

