



# Dancing Through Covid-19

Our current pandemic has changed many aspects of our lives and this includes how and where we dance. Although there will be some limitations on how we operate we are working on creative ways to overcome these difficulties so we can still learn and dance together.

## Health Protocols

- Stay home if you have any symptoms (Dancers will be asked daily about their health)
- If you have traveled outside of Canada please follow Public Health guidelines and quarantine for 14 days.
- Be wary of your own contacts and social bubble. Please do not attend parties or functions outside of your normal contacts.
- Dancers will enter from main door studio and exit out the back door to the corridor which exits next to the studio door.
- Sanitize your hands upon entering and exiting the studio
- We ask that dancers wear masks while entering and exiting the studio and in the hallways.
- Come prepared to dance so you don't need to change clothes before or in between classes.
- Please put your name on your water bottle.
- Stay 6 feet away from other dancers and teachers
- No parents in the studio (to cut down on people in the space and germs)
- One person in the bathroom at a time. Please wash your hands for the full 20 seconds.
- No eating in the studio
- Bring a yoga mat and Yoga blocks to class to conditioning lessons and pointes technique.

## Cleaning Protocols

- The studio is disinfected between classes (door knobs, barres etc.)
- Extra cleaning will occur outside of dance classes.

## The Studio

The floors are taped in 6 foot boxes to help us keep distance from our friends. Each dancer will choose a spot in the studio (near their dancing box but away from others) to put their water bottle (labeled with name) and dance things. We ask that you bring the bare minimum to keep things clean and contained (no exploding dance bags please!) Siblings will be encouraged to keep their things together to make more room for others. We ask that you bring a yoga mat to class to stretch. Masks and face shields are not mandatory as it can make breathing more difficult, however you are free to wear one if you wish.

While learning choreography we will ask you to wear a mask.

Studio spaces and contact surfaces will be cleaned at the end of every class before the next class can enter.

### In the Case of an Outbreak

In the event that we have a positive Covid-19 case in the studio the effected classes (including teachers) will be asked to self monitor for symptoms. The case would be reported to Public Health and then we would follow their recommendations and enter a 14 day quarantine if necessary. During that time classes will continue on Zoom until we can safely return to the studio. We will follow any protocols put out by Health Canada and the School Boards and operate in a similar fashion to ensure everyone's safety.