

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 bypass these difficulties so we can still learn and dance together. All of our classes will also be on zoom so if you are sick or have had contact with someone that is sick you can easily train at home until it is safe for you to return to the studio.

It will take some team work from everyone to have a successful year but we know how great our team is! We have been working hard all summer to make adjustments that will benefit us all.

There are a few things you can do to help us out. **If you have yet to register please do it ASAP!** It is very hard for us to plan our classes when we are unsure of the attendance. If you have other questions or concerns about registering for this coming year please reach out to us so we can help.

These are some changes to how we will operate this season!

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. (if you do we will request that you dance on zoom for 2 weeks)
- Dancers will enter from Rumble street and exit out the back to be picked up. (this will prevent clogged hallways and keep class transitions smooth)
- **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 or hallways (the stairs and front entrance will be the designated socially distanced snack area) Please wash your hands after eating.
- Bring a yoga mat to class to stretch.

Parents Please review these safety protocols with your children. Teach them how to wear a mask safely without touching their faces all the time. Review how to safely sneeze etc.

Cleaning Protocols

- The studio is disinfected between classes (floors, door knobs, barres etc.)
- Bathrooms will be cleaned every hour.
- Extra cleaning will occur outside of dance classes.

In Class

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.

We will not be singing in musical theater right away but we are planning to get face shields that will allow us to safely sing in class.

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.