



Dance Class & Studio Procedures and Protocols **Fall 2020 – Effective: August 3, 2020**

NOTE: The policies and procedures listed below follow guidelines from the CDC, Dance USA Taskforce on Dancer Health, and the National Dance Education Organization. Information in this document is subject to updates and revisions by Ashleyliane Dance Company.

In Person –adherence to all of the following:

Mask Wearing – Mandatory (see bottom of document for additional guidelines)

- If a dancer or staff member attends class or come to work without a mask and/or refuses to wear one, the dancer will be asked to leave. Mask-wearing is non-negotiable at this time.
- Dancers who need medical accommodations preventing mask wearing will be advised to train with Ashleyliane Dance Company via Zoom.
- Frequent breaks from mask wearing are encouraged when safely performed to allow for deeper breathing as well as drinking water.
- Dancers and staff members should make sure masks cover the entire lower two-thirds of the face, from the bridge of the nose to below the chin.

Hygiene

- Hand Washing/Sanitizing is **required** before or upon re-entry to class/studio. We have hand sanitizer available at the entrance, in the office and in the dance studio.
- Street shoes should be removed prior to entering any studio space. Dance shoes *should not* be worn outside the studio spaces. Students and staff members are encouraged to use a pair of socks/slides/flip-flops to leave and re-enter the studio during class times. If you are taking a class that requires tennis shoes (i.e. hip hop, Zumba, etc.) you **MUST** bring the shoes with you and they must be sanitized before using on the studio floor. There will be shoe sanitizer at the studio for dancers to use. The shoes that you wear in these classes cannot be the same shoes that you wore to walk into the building.

Temperature Checks/Symptom Checks/Contact Tracing

- Dancers and staff members must perform temperature checks before entry into the studio and anyone with a temperature > 100.4 will be sent home and must seek medical evaluation.

- Individual CDC Surveys/Symptom Checks must be completed by all dancers and staff members before entry into the studio. Parents/guardians of dancers must complete the screening for minors. Anyone who has been exposed to a COVID-19 patient, tested positive for COVID-19, traveled internationally, or shown symptoms of the illness in the previous 14 days will not be allowed to participate.
- Dancers and staff members who show signs of common COVID-19 symptoms should remain at home, call a medical professional and self-isolate.
- We require that all dancers and staff provide full contact information upon entering the studio in order to ensure proper contact tracing protocol. There is a station (including sign-in sheet, disinfected pens and a place to dispose of used pens) available in the front entry space.

Social Distancing

- Everyone MUST maintain at least a 6 foot distance between each other in all spaces.
- Dancers will be let into the studio and dismissed from the studio in shifts to avoid overcrowding in any one area.
- Only water bottles and items necessary for class will be allowed in the studio/common area space. Any other personal items (which we ask you to keep at a minimum) must be kept in a clearly marked, designated area determined by the artistic and administrative staff.
- Only participants who are actively working in class or rehearsal will be permitted in the studio. No observers or visitors are allowed until further notice.
- All dancers must vacate the studio at the end of class/rehearsal and the studios will remain empty when no classes or rehearsals are in progress.
- The use of floor work during warm-up, progressions, and choreography during classes and rehearsals will remain limited.
- No common equipment or supplies will be used including chairs, exercises balls, foam rollers, yoga mats, etc.
- No written assignments will be accepted. Any required class assignments must be submitted electronically.

Limited Class/Rehearsal Size

- Based on above social distancing guidelines
- Studio Capacity Maximum – 10 people (1 teacher/director and 9 dancers)
- Drop-in classes will be held with a hybrid-delivery model.
 - During registration, dancers will choose to take in-person or virtually through Zoom. Once the studio capacity maximum is met, any students who register after that will have to take class virtually.
 - Tech Needed for Virtual Class
 - Web-enabled cameras for Zoom/Live Stream and Zoom account

- A safe space for executing movement (6 foot circumference and proper place for phone/laptop to allow instructor to see full body/movement)
- ADC UNBOUND classes will be held with a hybrid delivery model.
 - Tuesday classes from 6-8:15 pm and Saturday classes from 11:30-5:30 pm will follow the guidelines listed above with priority given to UNBOUND students.
 - Wednesday classes (5:30-7:30 pm) will be delivered virtually.
- ADC Fusion Collective Friday classes will be held in person.
- ADC Professional Company delivery model will be determined on a weekly basis by the Artistic Director and Rehearsal Director. This includes the ADC Fusion Collective Monday rehearsals.
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Additional Health and Safety Procedures, Policies and Requests

- The studio will always be well-equipped with cleaning supplies and hand sanitizer at the entrance to the studio, in the office area, and in the studio.
- The electronic stand, music cage, bathrooms, floor and common spaces will be disinfected before, after, and between each class/rehearsal.
- There will be signage on all studio doors to inform everyone of mask requirement, symptoms, etc.
- Instructors are responsible to end class in time to have the room sanitized and all students out of the space by the scheduled end of the class period.
- All staff members are responsible for enforcing social distancing, mask-wearing, and hand-washing policies.
- We ask that dancers wear a mask outside of the studio (as well as any designated ADC space) at all times to mitigate the risk of infection, practice good hygiene, and to avoid public settings where social distancing cannot be maintained.
- Performances will only be filmed and offered online for the foreseeable future.

Considerations for Dancers Wearing Masks (from Dance USA)

- A mask will make it harder to breathe during exercise initially and dancers should self-monitor for symptoms of light-headedness, dizziness, numbness or tingling, and shortness of breath
- Monitor the intensity of your class/workout as you get used to wearing a mask during exercise
 - Your body will adapt over a few weeks to wearing a mask
 - If you start to feel dizzy, imbalanced, or over fatigued, stop your activity and rest
- Do not remove your mask during class or rehearsal.
 - If you do need to remove your mask, dispose of single use masks in the trash or place a reusable mask into its own sealable bag, wash your hands and/or use an

alcohol based hand sanitizer letting it dry for 30 seconds and then replace it with a clean one.

- Dancers may require multiple masks to get through the day. If your mask becomes saturated with moisture from breathing or sweat you need to change into a dry mask.
 - A wet mask is less efficient at filtering bacteria and viruses
 - Masks should only be worn once and then replaced with a fresh mask.
- All reusable masks should be cleaned ideally in a washer with hot water and soap and then dried in a dryer prior to next use.

Ashleyliane Dance Company appreciates adherence to these policies.