

Hello SIMDA FAMILY,

SIMDA is implementing important safety precautions during this time and we ask that everyone please be understanding of our protocols and procedures and follow them to their best ability. We also may need to make adjustments or changes and will notify you if we do, as we are following state mandates closely.

NEW SIMDA DANCE Waivers: In order to attend classes in the studio or participate in any studio activities you must sign the new COVID-19 release waiver. Your dancer(s) will not be permitted to attend class unless this is completed. For your convenience there will be a form posted on SIMDA website or an electronic form in your online student portal.

The Lobby: There will be no one allowed in the lobby during this time. Drop off and pick up procedures are explained below.

There will be hand sanitizing stations in the Lobby and Studio.

Students will not be allowed to wait in the lobby at all: You may arrive 5 minutes before your class starts and follow protocol as listed below.

Separating dancers in STUDIO: There are designated squares/rectangles that are on the floor in the studio that are 6 feet apart. We are also keeping class size to a minimum of 8 dancers. Dancers will have to stay in their designated square.

No cell phones will be allowed out in hand at the studio unless you are a teacher: You can bring your phone with you; however, it must always be kept in your cubby. We encourage you to disinfect your phone and place it in your cubby. Only in certain situations may you use your phone and after it has been disinfected. Phones are breeding grounds for germs and we want to be sure to keep everyone safe. We do not allow them in class anyway, but this new policy will be enforced.

You may bring your own water bottle to class.

My staff and I will be the only teachers in the studio: We need to keep the numbers in the rooms to a minimum. I trust my staff, and know they are conducting their personal lives in a responsible manner. They take working with kids very seriously and cherish them all.

Bathroom: Only one child will be allowed in the restroom at a time. Each day, the restroom will be cleaned. Please be sure to wash your hands for at least 20 seconds with soap and water after bathroom use. There will be disinfectant wipes in there to wipe down any surfaces you may have touched if your dancer is old enough to do so, however our staff will be directed to do that if your dancer is not. For our younger dancers we encourage parents to have them use their own restrooms at home before class, but we understand that the need to use the restroom may arise. Masks should be worn in the bathroom.

Ventilation: Doors will be left open whenever possible to help with ventilation. There will also be a large fan in front of the door in the dance room to help with increased air flow.

Cleaning between classes: Everything will be wiped down with disinfectant. The bathrooms will be wiped down with disinfectant. This includes all door handles, light switches etc.

Cleaning end of day: At the end of each night we will **clean every single surface in the studio** and disinfect all the dance rooms and bathroom.

Class PROTOCOL
How to take classes at
Spirit in Motion Dance Academy

If your child is feeling ill at all you must keep them home (i.e... cough, congestion, fever, stomachache, headache etc.)

We will also send anyone home immediately if they state they are not feeling well. You must be symptom free for more than 48 hours to attend class. Virtual classes are always provided for every class. **Please refer to our self assessment “Stay Home” document before attending any class.** If a dancer looks sick, we will send them home. We know the no contact thermometers are not always 100% accurate and that some cases are asymptomatic so any dancers who are exhibiting any signs of sickness will be sent home to rest. Please do not send your dancer to class if they do not feel well.. Remember if your child has had symptoms or a fever they cannot come to class until they are symptom free for 48 hours.

If you have come into contact with someone with COVID-19: If you have been exposed to anyone who has tested positive you must not come to class for 2 weeks after you had contact with the infected individual. This rule is absolute. **No refunds will be made if this occurs.** Clearance from a medical professional will need to be provided in order to return. No exceptions will be made.

If anyone tests positive for COVID-19 and has been to the studio: We ask you to contact us immediately at. We will then notify anyone who may have been exposed. We will also do another thorough cleaning and may have to close the studio for a day or two. No refunds will be issued. You should contact your medical professional and follow their guidance. No dancer or staff will be allowed back into the studio without medical professional clearance.

1. Before class starts: All dancers will either wait outside on the sidewalk. Please be mindful to keep social distance awareness, 6 feet apart from each other or in their cars 5 minutes before class starts, masks on. Remember the lobby is closed, however there are designated spots to wait 6 feet apart as well. We encourage you to wear flip flops or shoes that are easy to get on and off once inside the studio. If your dancer is allergic to hand sanitizer, please let us know. They can wash their hands instead.

2. Entering dance floor: Students will then proceed directly to the dance floor where shoes, phone and water bottle should be placed in designated cubby that is along the perimeter of the rooms Then proceed to their square on the dance floor. They will stay in this area until all the dancers have arrived.

3. The floors are taped in a square pattern, and class sizes are limited. We are giving dancers more than enough safe space away from each other in class. There will also be a taped off teachers’ area that the staff will stay in while in the rooms. The dancers will always stay in their squares.

5. At the end of class: At the end of each class dancers will exit out the FRONT door to the FRONT parking lot area. A teacher will go with the class and make sure each dancer is picked up safely. We will also use hand sanitizer as we leave. Parents must pick up dancers at the exact end of class time.

6. No contact with staff or students. The staff and students will not be allowed to touch each other in any way. No hugs etc... This includes correcting dancers; we will not be hand correcting them but doing it verbally in class.

7. Masks/Face Coverings...All dancers ages 7 and up must wear masks entering and exiting the building or going to the restroom. Masks help prevent the spread of COVID-19 as long as everyone wears them. Masks must be worn when doing across the floor and choreography work such as combinations, etc. When dancers are in their squares then they can take the masks off (if the student chooses to keep the mask on for their own comfort then that is fine as well). We have teachers that are high risk and students that are high risk. When near students, staff will wear masks. We

understand that younger children may not be able to however, if you can get them to wear a covering of some sort that would be great.

Considerations for dancers wearing masks-

- A mask will make it harder to breathe during exercise initially and dancers should self-monitor for symptoms of: lightheadedness, 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 your best not to 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. Ironing on the highest setting can also disinfect after washing and drying.
- There are now multiple commercial reusable mask options available for use during dance/exercise