

September 2020



*Parkland Ukrainian
Dancers Society*

Dear Families,

We are so excited to have you as a new or returning member to our Parkland Ukrainian Dancers Society, also known as PUDS, family. We have always held this notion high in our hearts, the idea of being a family and we hope that during this 2020/2021 dance year that you too feel the same. Our PUDS executive has worked hard over the summer to plan for a new and exciting year ahead. We welcome new Dance instructors which whom feel will take PUDS to new levels of choreography, technique and artistry while still retaining the traditions and high calibre of dance we are all so use to in the past. Even though we know that the 2020/2021 dance year will look different than what we have been use to in the past, we hope to have a year full of fun and enjoyment that makes memories that will last a lifetime. **We ask parents/guardians to please read this document thoroughly and discuss it with their dancers prior to our first dance class.**

COVID-19 Polices and Procedures

Before Classes Begin

- Classes for the 2020/2021 are going to look very different than what we have been use to in the past but we intent to keep things fun and enjoyable in all ways possible. We want to remind all dancers of the rules in place before classes commence, and to ensure that all dancers have a good understanding of the expectations planned ahead
- Please ensure that you have your registration and Covid-19 forms completed and returned to a member of the executive or Dance Instructor prior to October 6, 2020. A registration and Covid-19 form is required per dancer and without one the dancer will not be accounted for in group attendance.

Cleaning Measures

- All high touched areas inside the hall and outside the hall will be wiped before and after each group practice.
- All Dance Instructors and dancers will be required to fill out a short Covid-19 screen form prior to dance practice and this will be recorded
- The lobby will be restricted to a maximum of 8 people within and all social distancing guidelines must be adhered to including continual mask wearing and 2 meter distancing guidelines set forth by AHS. It will be the responsibility of those who choose to wait in the in

the lobby to wipe ant tables or chairs used in the time there before leaving for the evening. Wipes will be provided by PUDS.

Drop off & Pick up Protocol

- Physical distancing will be in effect and enforced at all time.
- Dancers are to enter the lobby at the set of doors closest to the stairs, at the West end of the front entrance.
- Dancers are asked to arrive no sooner than 5 mins to their intended dance time and are to wait in that area until the current class has left the hall and exited the lobby area. We ask that if the back lobby looks full to just wait in your vehicle until space opens up.
- All dancers leaving the hall after class, will do so through the main lobby entrance and are asked to do so quickly. Please keep conversations to a minimum as to help move things quickly
- Once the main lobby clears, the new dancers may come into the lobby area and enter the main dance studio. Parents are welcome to sit and wait for their child to a maximum of 8 people in the main lobby. If capacity is reached, we ask that you please wait in your vehicle. Masks must be worn by all parents wait. We also ask that children who are not dancing please try to stay home. If this is not a possibility, then mask are requested to be worn and maximum of 8 people please be adhered too.
- All dancers and parents entering the lobby and hall must use the hand sanitizer provided.
- Those parents who choose to wait in the lobby, will be asked to wipe all tables, chairs or highly touched surfaces just before their child class ends to ensure cleaning measures are maintained. We know this asks a lot but we hope we can all help do our part to keep our PUDS family safe and healthy.
- We request that all parents/guardians and dancers wear masks. Once dancers entire the dance studio they can then remove their masks.
- Parents/guardians and Dance instructors must complete a short Covid-19 questionnaire prior to each dance class and each dancer must arrive to practice with this form. This form confirms that the dancers is not showing any symptoms. A template will be provided at registration and it is asked that copies be made on your own. In the event that a dancer forgets this form, the parent will be contacted and the dancer will not be allowed to practice with the others unless the form is completed.
- Once dancers are inside the dance studio, they may place their belonging on a table or chair ensuring to adhere to the 2 meters distancing.

Symptom Screening

- We will be conducting a shortened version of the AHS Screening checklist prior to each dance class. The parent/guardian will be asked to fill this out for each dancer prior to class starting and the dancer will be asked to arrive with this form. If you have any of the following symptoms, have been in contact with a confirmed or supposed case of COVID-19, have been out of the country in the last 14 days or the dancers is awaiting test results for COVID-19, please do not attend the class. Anyone who is experiencing a fever, shortness of breath, cough, runny nose, or sore throat is legally required but he Government of Alberta to isolate for 10 days or until the symptoms have subsided, whichever takes longer.

- **Symptoms of the questionnaire include;** fever, cough shortness of breath, difficulty breathing, sore throat, chills, painful swallowing, runny nose, nasal congestion, feeling fatigued, nausea, vomiting, diarrhea, loss of appetite, loss of sense of taste/smell, muscle and joint aches, headache, conjunctivitis (Pink eye).

Dance Instruction

- We ask that all dancers arrive dressed and ready for practice. Practice attire includes; Black t-shirts, tanks or bodysuits, black legging for both boys and girls, black dance skirts for the girls and proper dance slippers (girls red, boys black) or dance shoes or boots. Long hair must be tied back. Please no shorts or short tank tops.
- All dancers will maintain a 2 metre distance during warm up and barre. When corner work is done, dancers will stand 2 metre apart and complete the combination before the next dancer begins.
- Choreography will limit any touching and personal contact at this time. However, if Covid restrictions lighten then choreography will be adjusted.
- We ask that dancers label all personal belonging and ensure no sharing of water bottles or personal objects be shared. Please fill all water bottles at home prior to attending class if possible.
- Please have your dancers use the washroom prior to class beginning. We want to minimize the traffic outside the dance studio.
- Please no food in the hall at anytime.

In Case of Illness

- If there is a confirmed case of COVID-19, PUDS dance classes will be required to be closed for at least 72 hours to allow for contact tracing. The Town of Stony plain will also be notified in this event to ensure proper cleaning of the hall
- The building will be cleaned and disinfected to AHS requirements
- If a dancer becomes ill during a class, the parent will be notified and asked to pick up the dancer immediately

Festivals and Performance

- At this moment in time, we do not know what our performances will look like. We do have many ideas for Malanka and Year End Concert if guidelines are not favourable at that time for large events. Any performances done outside our club will have to meet AHS guidelines and be able to provide the PUDS society with documentation that all COVID-19 guidelines and restrictions are being met before we commit.

Costumes

- All costumes going out to dancers will be professionally cleaned prior to distribution
- These costumes will be solely that individual's costume and is not to be shared or worn by any other dancer.
- At no time are any dance pieces to be shared.

Please Sign this Two page Waiver. This waiver will be your Declaration for the 2020/2021 year and must be completed for each dancer.

Declaration of Compliance - COVID-19

Dancers Name: _____

Parent/Guardian: _____

Date: _____

The Parkland Ukrainian Dancers Society (PUDS) requires the disclosure of exposure to illness in order to safeguard the health and safety of all our dancers and to limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safe and personal information will not be disclosed unless required by law or with your consent.

An individual (or the individuals parent/guardian, if the individual is younger than 18 years of age) who is unable to agree to the terms outlined in this document is not permitted to enter PUDS facilities (ie. The Community Centre) or participate in the PUDS activities.

I, the undersigned being the individual named above and the individuals parents/guardian, hereby acknowledge and agree to the terms outlined in this document:

The novel coronavirus is quite contagious with risk of asymptomatic or pre-symptomatic spread and may cause serious complications for those individuals immunocompromised and/or with underlying health conditions. The research on the behaviour of this virus is rapidly evolving, however current research indicates that transmission is thought to be spread primarily through respiratory droplets when an infected person coughs, sneezes or by contact transmission. PUDS has put in place preventative measures to try and reduce the spread of COVID-19 and requires all individuals, parents/guardians and family members to adhere to the compliance standards described in this document.

1. The individual has not been diagnosed with COVID-19, or if the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
2. The individual has not been exposed to a person with a confirmed or suspected case of COVID-19, or if the individuals exposed to a person with a confirmed or suspected case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.

3. The individual is attending or participating voluntarily and understands the risk associated with COVID-19. The individual agrees to assume those risks, including but not limited to exposure and being infected.
4. The individual has not, nor has anyone in their household experienced any of the following in the last 14 days;Fever 38°C
 - New or worsening chronic cough
 - Sore throat or painful swallowing
 - Difficulty breathing or shortness of breath
 - Flu like symptoms
 - Runny nose
 - Nausea, Vomiting or Diarrhea
 - Conjunctivitis (Pink Eye)
 - Loss of taste or smell
 - Unexplained Fatigue
5. If the individual or anyone in their household, experiences any of the above symptoms after submitting this Declaration of Compliance, that individual will immediately isolate and will not attend any PUDS activities until at least 14 days have passed since the symptoms or a negative covid test is obtained.
6. The individual has not travelled outside of Canada in the last 14 days and agrees that if travel outside of Canada does take place over the term of the dance year, the individual will not attend any of the PUDS activities until at least 14 days have passed since the date of return.
7. The individual agrees to adhere to the guidelines in place by PUDS throughout the dance year which include but are not limited to practicing social distancing, maintaining the best hygiene practices, and taking part in cleaning protocols asked of PUDS.
8. This document will remain in effect of the term of PUDS dance year as per direction of the provider government and provincial health officials.
9. PUDS has the rights to remove an individual from the facility or from participating at any time and for any reason that the individual is no longer in compliance with the compliance standards stated in this document.

Signature of Parent/Guardian: _____

Date: _____

COVID-19 Daily Screening

Name: _____ . Date: _____

Do you have any of the following symptoms which are new or worsening if associated with allergies, chronic or pre-existing conditions: fever, cough, shortness of breath, difficulty breathing, sore throat, runny nose, loss of taste or smell, nausea, vomiting, diarrhea, conjunctivitis (pink eye)?	YES	NO
Have you returned to Canada from outside the country (including USA) in the past 14 days?	YES	NO
Did you have close contact with a person who has a probable or confirmed case of COVID-19?	YES	NO
Are you currently being tested or awaiting a test result for COVID-19?	YES	NO

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Name: _____ . Date: _____

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Did you have close contact with a person who has a probable or confirmed case of COVID-19?	YES	NO
Are you currently being tested or awaiting a test result for COVID-19?	YES	NO

