



THE DANCE ANNEX STUDIO FALL 2021 PLANS AND PROTOCOLS

Thank you, dancers, and families, for your patience as we relocated. We are so happy to be dancing together again in our new studio and looking forward to starting our Fall 2021 season of dance. We will maintain our COVID policies as practiced last year as to continue dancing in person as much as possible. We are closely monitoring the COVID-19 case counts and updating our policies and procedures in line with Maine CDC guidelines. Please take time to review our updated information for yourself and with your child(ren). Any schedule is subject to change as we see fit, keeping in mind that the health of our staff and students is a priority.

Our parents and families will be the first line of COVID protocols!

We request that each parent take responsibility for monitoring their children and, if they exhibit any symptoms at all, keep them home and do not send them to the studio. See last page for all screening info.

GENERAL PROTOCOLS

- **Masks are required for all students, staff, and anyone entering the building, regardless of vaccination status due to the risk of community spread of the Delta variant.**
- **Dancers will sanitize their hands before entering the studio and individual hand sanitizers will be provided for our dancers during class.**
- **Dancers arrive in dance clothes with shoes in hand or a small bag.**
- **Our air purifier will be running during all classes and rehearsals.**
- **The waiting area will remain closed at this time. Dancers age 8 and under may be accompanied in and out of the building by a caregiver. Dancers age 9 and over should enter the building independently and meet their caregiver in the lobby at pick up.**
- **Outside shoes are not permitted beyond the waiting area. Please remove your shoes for any entry beyond the waiting area.**
- **Our cleaning protocols will continue and include regular sanitizing of high touch surfaces.**
- **Please stay home if you or your dancer or a member of your household are experiencing symptoms or not feeling well at all!**
- **When students arrive, they will be asked a checklist of questions. If your dancer appears ill, they will be sent home.**

STEPS TO TAKE CLASS

1. Pre-register. Registering for class ahead of time is a must. We will not be accepting last minute walk-ins.
2. Facial coverings are required at all times in the building for ages 5 and up. For our Kidancery classes, ages 3-4/5, masks are suggested and recommended. Please supply your own face mask. Disposable masks will be available when needed. Masks or facial coverings must be form-fitting to the side of the head and be fastened with ear loops or ties. Gaitors, scarves, and bandanas are not acceptable. See our 'mask' page for more details on mask wearing.
3. Dancers should arrive with their full dance attire already on (excluding their dance shoes), wearing outerwear on top. Hair should also already be done in full.
4. Arrive with your ballet slippers/tap shoes/etc. in hand or in a small dance bag. You must have your own shoes and attire. Shoe exchanges from our shoe bin will only be done IF there is time. If your dancer needs shoes from the bin, please email for a size request. Each dancer must wear appropriate dance shoes in the studio. Do not wear your dance shoes outside of the dance studio. For modern classes in bare feet, dancers will be asked to sanitize the soles of their feet before dancing.
5. Please warm up at home.
6. Please be prepared to answer a few standardized questions referring to the COVID-prevention guidelines (e.g., Have you been sick? Have you been out-of-state?)

WAITING AREA PROTOCOL

We ask all family members to follow our safety protocols.

1. Drop off and pickup up your dancers in the lobby or just outside our door (for now we are asking that parents avoid waiting inside during class time); parents can wait in the parking lot or return later for pickup. For our youngest dancers ages 3-5yrs, 1 parent/guardian will be allowed in the waiting area. For 5-8 yr olds, please consider an independent drop off pick/up. If you and your dancer have any discomfort with this, 1 parent/guardian in the waiting area only please.
2. Upon entering the waiting area, each dancer will wait in an assigned area where they will place their outside clothes, street shoes and dance bag into a tidy bundle in their waiting spot then put on their appropriate dance shoes. All bags will stay in the waiting area. Only water bottles will be allowed in the studio.
3. Chairs are placed with physical distancing practices around the perimeter of the waiting area. Please do not move the chairs.
4. There will no longer be books, magazines, or toys in the waiting area. Please bring your own compact entertainment from home if you are waiting during a transition time to your next class and plan on maintaining social distancing for the duration of your visit.

5. Please wait here until your teacher calls you in the studio for class time.
6. Only bring what you need into the waiting area: dance shoes, water bottle, hand sanitizer, mask, small dance bag, etc.
7. Bring your own water bottle! Multiple trips to the bathroom for water breaks will not be allowed.

IN THE STUDIO

1. For older dancers, as you enter the studio, you will pick up a personal hand sanitizer that will stay with you during class times and be replaced at the end of your dance time at the studio.
2. For ballet, you may be assigned a place at the barre. For center activity, you may have your own personal space to dance.
4. After class, return the hand sanitizer, and put your outerwear on over your dance clothes once again to save time.
5. Bathroom policy: Please use the restroom at home prior to coming to The Dance Annex. Dancers may be excused to the bathroom with teacher permission only, one at a time. No changing in the bathroom. No lines. Dancers should come with their full dance attire already on (excluding dance shoes), wearing outerwear on top. Hair should also already be done in full.

PREVENTION GUIDELINES AT THE DANCE ANNEX STUDIO

- All staff, dance teachers, and students will wear face coverings on the premises.
- The number of dancers in the studio will be limited.
- Exertion rates for dancers will be modified as needed for masking.
- Daily attendance will be recorded for follow-up purposes in case anyone comes down with symptoms.
- One person at a time to the bathroom.
- Dancers supply their own drinking water, face coverings, and arrive dressed in dance clothes. Dancers are encouraged to bring their own hand sanitizer.
- Hand sanitizer stations will be at the entrance to the studio, as well as available in the studio.
- Regular cleaning and disinfecting of public areas including barres, bathrooms, etc. will be maintained.

In the case that any dancer or staff member tests positive, has possible exposure or is experiencing any signs and symptoms of COVID-19, please contact the studio as soon as possible, so that The Dance Annex can respond promptly, and contact families as needed.

PARENTS

- Please drop off and pickup up your dancers in the lobby or just outside our door (for now we are asking that parents avoid coming into the building to sit down and wait, other than for our youngest dancers); parents can wait in the parking lot or return later for pickup.
- Shoe bin will be available by appointment only. Appropriate sizes will be put aside for try on.

DANCERS

- Practice social distancing at all times.
- Always wear a face covering in the building.
- Arrive with dance clothes on (carrying shoes or small dance bag).
- Keep hands away from the face.
- Wash hands regularly.
- Warm up at home.
- Bring your own water bottle.

STAFF

- Will monitor their health upon entry, wear a face mask, and participate in all other sanitary precautions.

We know this is a lot of information and change, but please remember that we do all of this to keep us all safe and to help us keep our doors open.

HEALTH NOTES AND MONITORING

Families, dancers, and staff will check for symptoms before coming to the studio. This will serve as the primary screening mechanism for COVID-19 symptoms.

HEALTH CHECK

Do I feel unwell today?

Do I have a cough or sore throat?

Do I have a fever, or do I feel feverish? (Dancers with a fever must remain at home.) Individuals should remain fever free after six hours without fever reducing medication such as Tylenol, aspirin or Ibuprofen.

Do I, or have I, had shortness of breath?

Do I, or have I, had a loss of taste or smell?

Do I, or have I, been around anyone exhibiting these symptoms within the past 14 days?

Do I, or have I, been living with anyone who is sick or quarantined?

If the answer is yes to any of these, stay home.

Know the symptoms of Covid-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

To protect the health and safety of our staff, students and families, if you or a family member have been exposed to COVID-19 or are experiencing any symptoms, we ask that you stay home and do not attend any activities.

In the case that any dancer or staff member tests positive, has possible exposure or is experiencing any signs and symptoms of COVID-19, please contact the studio as soon as possible, so that The Dance Annex can respond promptly, and contact families as needed. Please see the “Covid-19 Flowchart”.

This document will be updated as needed.

Updated 9/2/2021