

Downstage Dance



Updated COVID-19 Plan & Procedures

Due to COVID 19, Downstage Dance has implemented new practices into our regular routine. As we welcome you back to our facility for in-person lessons, we would like to highlight some of the changes and information you will need to know. We ask for your cooperation as we implement these changes, in order to keep our students, staff, and families safe and healthy. This document covers the new changes in procedures for Downstage Dance, as well as, what happens before a student gets sick, while a student is sick, and after a student is sick.

When Entering Downstage Dance:

- Please do not enter Downstage Dance more than 5 minutes prior to the start of your class. Due to our occupancy restrictions, children ages 5 and under may only have one adult in the facility during class time. Students ages 6 and older may only have a parent or guardian present inside the facility with permission from a Director. Siblings will not be allowed in the facility unless they are registered for the class. **There will be no waiting room available at this time.**
- Students should enter the facility dressed and ready for class - the restroom will not be available for changing and dressing.
- Students are not required to wear face masks while dancing, however we support parents right to choose. The staff of Downstage Dance will be masked at all times. According to the World Health Organization, people should not wear masks when exercising or physical activity, as masks may reduce the ability to breathe comfortably. Sweat can also make the mask become wet more quickly which makes it difficult to breath and promotes the growth of microorganisms. Children must wear their mask any time six feet of space is

unable to be maintained for social distancing. Children under age 2 are not required to wear masks.

- Please only bring *labeled* water bottles if you will be at the studio for 2 or more hours. You will not be allowed to bring a water bottle into the studio if you are here for one class.
- If you have an attachment for your mask, please attach it and wear to your classes! If you do not have lanyard or something similar, we will have them in them studio. This is to easily access your mask and make sure it doesn't fall on the floor, etc.
- Floors will be marked out accordingly to maintain a safe social distance between our dancers. Barres will be sufficiently spaced out with markers as well to maintain proper social distance.
- Hand sanitizer will be available at the entrance. Upon arriving, please sanitize your hands, and the hands of any child participating in classes.
- Any personal belongings such as dance shoes, and clothing, etc. must be clearly labeled with your dancers name!
- Air purifiers with true HEPA Filter Air Cleaner, Smart Sensor, UV-C Sanitizer, Odor Allergies Eliminator are in each dance studio.
- Street shoes will not be allowed in the studio for any student, staff, or family member. Please remove your shoes at entry, and place them in the cubbies. Students and parents participating in classes must wear the proper dance shoes for their specific dance class. Dance shoes must only be worn for dance class and not outside the building. If you do not have the proper shoes for your class you must wear socks on the first day of class. All Hip Hop classes are required to have a pair of sneakers specifically for your class, daily school sneakers are strictly prohibited.

- The Downstage Dance facility, including all hard surfaces, bathrooms, student items, instruments, etc., will be cleaned and disinfected daily. In the event that multiple classes occur in the same evening, and the student group is different, hard surfaces and high touch areas will be cleaned between each group. Doors will remain open during cleaning, weather permitting, to increase ventilation. Air conditioners will remain on at all times in order to circulate air.

Before Some Gets Sick:

Please monitor your family health at home each day, and stay home if there are any COVID symptoms present. If your child is too sick to attend school, they are too sick to participate in live classes. Symptoms of COVID-19 include: fever greater than 100F, the sensation of a fever, shortness of breath, difficulty breathing, chills, muscle aches or pain, sore throat, new loss of taste or smell, nausea or vomiting, and/or diarrhea. If you have knowingly been exposed to COVID-19, whether showing symptoms or not, please stay home and keep our studio family healthy.

To Prevent Sickness:

Practice proper hand hygiene at home and the Downstage Dance facility. Wash your hands before and after eating, after blowing your nose or coughing, before and after using the restroom, and before and after touching your face. Wash with warm water and soap for at least 20 seconds, or use hand sanitizer containing 70% alcohol. Cover your cough. Sneeze or cough into a tissue and discard the tissue in the trash immediately. Sneeze or cough into the bend of your arm if a tissue is unavailable. Wash your hands. Maintain social distancing, at least six feet apart, when in the company of someone who does not live in your home.

When Someone Gets Sick:

If a student is in the care of Downstage Dance and no parent/guardian is present, a member of the Downstage Dance staff will contact the parent/guardian immediately to pick-up their student. The student will be removed from the classroom, and monitored by a member of the Downstage Dance staff until a parent/guardian arrives.

EMS (911) will be called for anyone exhibiting concerning symptoms - trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, and/or bluish lips or face. After the student exits the facility, a deep clean of all surfaces and items will be completed.

Downstage Dance will notify the Local Health Department of COVID-19 symptoms. The Local Health Department will notify you if you need to be tested. If tested, and the result is positive, the individual must begin isolation. The Local Health Department will notify family and close friends. This includes anyone you have been in contact within six feet for ten minutes or longer, two days prior to symptoms beginning. Any close contacts should quarantine for 14 days. All information is confidential. In the event you are quarantined due to COVID-19, or unable to attend classes in person because of other illness, your student may join us for online lessons, if available.

After Someone Gets Sick

The Downstage Dance staff will deep clean the facility with EPA approved cleaning supplies. Students will be notified that they cannot return to the Downstage Dance facility until at least 24 hours have passed since recovery, which is defined as the resolution of a fever, without fever-reducing medications, AND improvement in respiratory symptoms, AND 10 days have passed since symptoms first appeared.

We will work closely with the Nassau County Health Department to keep you informed of changes regarding COVID-19. Our actions are based on information and guidance provided by the Health Department, World Health Organization, and Centers for Disease Control and Prevention. As we receive new information, our policies and procedures may change. We appreciate your cooperation in this unprecedented time. Our goal is to keep you, your child, our staff, and our families, as safe as possible. It will take all of us working together to ensure the success of this plan.