

Moving Light Dance

COVID 19 Reopening Guide for Moving Light Dance Students and Families (as of 1/4/20)

The health and safety of our students, teachers and families is our top priority. We appreciate your taking the time to review these guidelines thoroughly. Our plan revolves around our collective participation and cooperation in how we operate and use the studio as well as how we take care of ourselves. Together, we can keep ourselves and each other safe and healthy, while returning to the studio as responsibly as possible.

OVERVIEW

- Wearing of masks during arrival and departure.
- “Stay Home” illness policy and daily temperature checks and screening of students and staff for symptoms of COVID-19.
- Increased sanitation of high-touch areas by staff and professional cleaning of the studio.
- Responsible self-care including an **encouraged immune boosting regiment including vitamin B, C and D, chaga tea, elderberry, and zinc. All of which can be taken daily as preventatives.**

Vitamin D - <https://covid.us.org/2020/09/03/new-study-vitamin-d-reduces-risk-of-icu-admission-97/>

Zinc - <https://www.webmd.com/lung/news/20200923/could-zinc-help-fight-covid-19>

Classes will be offered on a registration-only basis in small groups.

No drop in students are permitted, and no makeup in another group will be allowed.

Maximum class sizes (not including one faculty member) for each class will be established.

ARRIVAL

Students should wear masks and arrive on time.

Three students at a time will be permitted into the lobby to remove outer clothes and shoes and store belongings in a cubby or on a hook.

Students should go directly to the bathroom to wash their hands and then into the studio.

Students will go immediately to a spot in the studio where then they may put on ballet slippers and other dance or warm up gear. **There will be no dressing in the lobby or bathrooms.**

Students ages 6 and under may be accompanied for arrival procedures (waiting in line outside, into the lobby and bathroom for handwashing). Caregivers are to wear masks and to leave immediately after the student is inside the studio.

SCREENING AND HANDWASHING

Students should stay home if they feel sick. If a student presents with symptoms, they will be isolated and sent home. Staff will verbally screen students for symptoms of COVID-19 each day including administering temperature checks to every student, in addition to using a list of symptoms provided by the Vermont Department of Health. Students who report or are exhibiting symptoms will be isolated in the lobby until a caregiver is able to pick them up. Students should wash their hands thoroughly using soap and warm water for 20 seconds after using the restroom.

BATHROOMS

Try to use the bathroom prior to leaving home for the studio. The bathroom is not to be used as a changing area.

CLASS

Teachers and students will remain socially distanced during class. Students will go to a designated spot at the barre when class begins. Hands on corrections or adjustments will not be permitted unless a permission to give adjustments form is signed by a parent. In center students will place themselves at a designated spot and use the across the floor spots to guide them when traveling across the floor.

PERSONAL BELONGINGS

Students should bring their own water bottles. Students should remember never to share items with others. Students should keep all of their personal belongings stored together in a cubby or on a hook (water bottles & pointe shoes with them). Items left behind at the studio will be discarded after each class.

VISITORS

Caregivers and visitors are not permitted in the building and should only enter the lobby wearing a mask to assist younger dancers ages 6 and under for arrival and departure. The lobby is not to be used as a waiting area. Parents are welcome to contact Christine via email to set up a person-to-person meeting if they would like to connect in this way.

DEPARTURE

Students should wear masks during departure.

Caregivers of younger dancers will need to line up outside the studio entrance and should be visible to the teachers when class ends to ensure prompt and safe pickup following the end of class.

Students will be dismissed three at a time to gather their belongings in the lobby and wear masks while departing.

SANITATION/CLEANLINESS

Increased cleaning and sanitation will be implemented to lower risk of virus transmission. High-touch surfaces including ballet barres, door handles, and restroom fixtures will be cleaned and sanitized between each group of students by teachers. Additionally, a cleaning of the building will be done each day to decrease risk to the health and safety of our teachers and students.

ILLNESS POLICIES

Monitor for symptoms, stay home if you're sick. It is important for students and families to monitor for symptoms of COVID-19 and stay home if they feel sick and notify Moving Light Dance immediately. In accordance with the Vermont Department of Health, any student who develops symptoms while on the premises will be isolated. Moving Light Dance will monitor guidance from the Department of Health regarding safe operation of programs and facility in the event a student or staff member tests positive for COVID-19.

TEACHER POLICIES

Teachers are required to wear masks when entering, exiting the building and for arrival and departure procedures. Any teacher who feels sick should stay home. Teachers will be screened daily for COVID-19 symptoms. Teachers presenting with any COVID-19 symptoms will be asked to go home and a substitute will take over or the class will be cancelled.