

HPID Dance Class Procedure – effective 9/1/21

General Notes:

- Class instructors will consist of the main teacher, 1 assistant and/or parent supervisor. All instructors, assistants and parent supervisors will be required to wear masks the entire class (and transition time).
- Dancers, teachers & volunteers will have their temperature taken prior to entering the studio. Anyone with a temperature above 100.5 will be asked to go home.
- Dancers will wash their hands prior to entering the dance area.
- Hand Sanitizer will be available in all areas of the studio. Dancers are encouraged to bring their own hand sanitizer to avoid cross contamination.
- Maximum ventilation will be provided by opening doors whenever possible.
- Studios will be marked off in at least 8 foot squares for dancers to warm ups, drilling & cool down.
- Parents must sign a waiver & registration before the first class. (See fall registration form: https://docs.google.com/forms/d/e/1FAIpQLSemw813EG2znFUxNvvD7fgUPkMfnTmv5pb7We9p5K1k88NrIg/viewform?usp=sf_link) No dancer will be able to participate in a studio class without both of these documents on file with the school.
- Everyone entering the outside staging area and the studio must wear masks at all times unless engaging in physical activity (dancing) and they are the only dancer in the dance space. The mask can be removed during that period of time only.
- If a Dancer, teacher or volunteer is sick or has any of the following symptoms, they must stay at home and will not be allowed in the studio. (See COVID -19 Guideline Clarification below for guidance on returning to class):
 - Fever or chills (Note: temperature will be taken of all dancers and teachers prior to class. Anyone with a temperature of 100.5 or above will be asked to leave immediately)
 - Persistent Cough
 - Ongoing shortness of breath or difficulty breathing (not related to exertion)
 - Unexplained Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- If a dancer, teacher, volunteer, family member or other person who has had contact with an HPID member, tests positive for the COVID-19 Virus, one of the HPID directors must be notified immediately. The HPID director will follow the government mandated reporting Protocol in reporting the contact with a COVID-19 positive individual.

Class Procedure

Arrival & Entering the Studio:

1. Dancers arrive at studio parking lot and leave car when asked. They should have their dancing shoes on (younger parents please tie your dancers shoes securely, we will not be assisting dancers with their shoes during class). Dancers are to bring only the basics they will need for class.
 - a. Students are asked to limit the items they bring to the following: Dance shoes, Water bottle, Notebook & pen. (Champ dancers may also bring a music source & headphones for drilling).
 - b. Students must have masks on at all time unless dancing or exerting themselves.
2. The parent or person bringing their dancer to class must wait in their car & remain visible to the teacher or assistant until the dancer is checked in and enters the studio)
3. Dancers will line up socially distanced.
4. Teacher or assistant will take the dancer's temperature and do a brief health screening (Note: Anyone with a temperature of 100.5 or above, &/or with symptoms related to the COVID-19 virus, will be asked to leave immediately and stay home for at least 7 days or until the symptoms subside, whichever is longer)
5. Dancers will then enter the studio and remain socially distanced (Parent may leave the parking lot at this time and are asked to return no later than 10 minutes before the scheduled end of class):
 - a. The Dancer will be given a plastic basket to put all their items in
 - b. The Dancer will then wash their hands with soap and water
 - c. The Dancer will Retrieve their basket and carry it to the designated spot in the studio. They will remain in that square and stretch, warm up while the other students to arrive.
 - d. Dancers must wear their mask this entire time.

Class (Once all dancers are checked into the studio class will be conducted as follows):

1. Warm up and drills all together in the main studio.
2. Dancers must stay within their designated square.
3. If necessary, class will then break up into stations, dancers will go one at a time to one of the designated spots, to dance, drill & practice.
4. Dancers will rotate at designated times moving to their next station as described by the teacher.
5. 15 minutes prior to the end of class, all dancers will return to their numbered square in the main room for Review, cool down & stretch.

Departure:

1. Dancers will leave, remove all of their personal belongings from their basket and sanitize the basket.
2. Each dancer will wait along the side of the building for their parent to pick them up. Dancers under 13 must be picked up by their parent at the side of the building. Dancers 13 & over may go to their car once their parent has arrived.

After Classes:

- All Surfaces will be wiped down with a disinfectant. These surfaces include but are not limited to:
 - Bathroom counters, toilets and other surfaces
 - Door handles
 - Dance bars
 - Floors
 - Shelves, remotes & other items used during the class

Grades Classes, Private Lessons & Special Classes:

Each lesson will be 60 minutes. Dancer is to arrive, be screened, warmed up and ready to dance by the start of the class time. Dancers must depart the studio and picked up no more than 10 minutes after the class ends.

COVID-19 Guideline Clarification

As we return to school, dance class and work, we are seeing the typical, start of school increase in illness among our dancers, parents & teachers. While this is common for this time of year, the worry is heightened due to the status of the COVID-19 spread and the fact that our younger dancers are not eligible for the protective vaccine at this time.

As we navigate this difficult time and make decisions about keeping ourselves and others safe, I wanted to clarify the COVID & illness guidelines that we have been following since the onset of the pandemic.

Scenario 1:

The dancer, teacher or volunteer is sick or has any of the following symptoms:

- Fever or chills (Note: temperature will be taken of all dancers and teachers prior to class. Anyone with a temperature of 100.5 or above will be asked to leave immediately)
- Persistent Cough
- Ongoing shortness of breath or difficulty breathing (not related to exertion)
- Unexplained Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

They must follow this protocol before returning to dance class:

1. Stay home until all symptoms resolve
2. Get a COVID test within 3 – 5 days of the onset of symptoms
3. If the result of the test is negative, and the individual is vaccinated, the dancer, teacher or volunteer may return to in person class once the symptoms have been resolved for 24 hours.
4. If the result of the test is negative, and the person is not vaccinated, we ask that they do not come to in person class for at least 10 days, and the symptoms have been resolved for 24 hours, whichever is longer.
5. If the result of the test is positive, the dancer, teacher or volunteer must immediately contact the director (Patti or Robert) and appropriate action will be taken within the studio. The individual must quarantine for 14 days and show proof of a negative COVID test prior to returning to class.

Scenario 2:

If the dancer, teacher, or volunteer has had close contact with someone who tests positive for COVID-19 and is not showing any symptoms:

1. If the dancer, teacher, or volunteer is not vaccinated they must quarantine for 14 days and provide proof of a negative COVID test prior to returning to class.
2. If a dancer, teacher, or volunteer is vaccinated they must receive a COVID test 3 – 5 days after exposure. If the results are negative, they may return to class.
3. If the result of the test is positive, the dancer, teacher or volunteer must immediately contact the director (Patti or Robert) and appropriate action will be taken within the studio. The individual must quarantine for 14 days and show proof of a negative COVID test prior to returning to class.

Some helpful definitions:

Close Contact through proximity and duration of exposure (from the CDC web site):

Someone who was less than 6 feet away from infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period (for example, *three individual 5-minute exposures for a total of 15 minutes*). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet the criteria for ending isolation.

Exception: In the K–12 indoor classroom setting or a structured outdoor setting where mask use can be observed (i.e., holding class outdoors with educator supervision), the close contact definition excludes students who were between 3 to 6 feet of an infected student (laboratory-confirmed or a clinical diagnosis) if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

Fully Vaccinated (from the CDC web site):

A person is considered fully vaccinated for COVID-19 ≥ 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 2 weeks after they have received a single-dose vaccine (Johnson & Johnson [J&J]/Janssen)[†]. There is currently no post-vaccination time limit on fully vaccinated status. People are considered not fully vaccinated if they have not completed a two-dose vaccination series or have not received a single-dose vaccine, regardless of age, including children under the age of 12.