

Safety Precautions and Details for SonDance Academy 2020-21

SonDance Academy is pleased to be opening with extra precautions and safety measures in place. Our number one priority is keeping our dancers and their families safe. Please familiarize yourself and comply with the attached Safety Guidelines. Please read these carefully as they contain important information so that your dancer can attend studio safely. Please let us know if you have any questions and we will be happy to answer them! Please sign and complete the SonDance Studio Registration and Release Form as well as a current ACH form, if we do not have one on file.

We are relying on you to help us keep our studio safe. In order to do this, we need every family to comply with all of our guidelines. Every day before you and your dancer leave your home:

COVID Symptoms:

A fever (100.4 degrees or higher), cough, shortness of breath or difficulty breathing, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, or other symptoms of COVID-19 identified by the federal Center for Disease Control and Prevention (“CDC”)? (see <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)

Guidelines that consider four typical scenarios. Please call us to discuss guidelines for scenarios not covered here.

1. If you or a member of your family or someone with whom you live thinks or knows you had COVID-19, and you had symptoms, you can be with others after

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Other symptoms of COVID-19 are improving

****Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.**

If you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen), your healthcare provider may recommend that you stay in isolation for longer than 10 days after your symptoms first appeared (possibly up to 20 days) and you may need to finish your period of isolation at home.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html#:~:text=You%20should%20stay%20home%20for,after%20exposure%20to%20the%20virus.>

2. If you or a member of you family or a person with whom you are living has been in close contact with someone who has COVID-19—

What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

You should stay home for 14 days after your last contact with a person who has COVID-19. **Even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.**

3. If you tested positive for COVID-19 but had no symptoms. If you continue to have no symptoms, you can be with others after 10 days have passed since the date you had your positive test

4. If you or a member of you family or a person with whom you are living develop symptoms after testing positive, you can be with others after

- At least 10 days since symptoms first appeared and
- At least 24 hours with no fever without fever-reducing medication **and**
- Other symptoms of COVID-19 are improving

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If you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen), your healthcare provider may recommend that you stay in isolation for longer than 10 days after your symptoms first appeared (possibly up to 20 days) and you may need to finish your period of isolation at home.

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In addition, we request that you take your temperature, your dancer's, and others in your household every morning and stay at home if anyone has a fever (100.4 degrees or higher).

We also encourage dancers or their families at high risk for COVID-19 to not attend studio or studio activities. Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People 65 years and older
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

Entering the studio: We are relying on you to help us keep our studio safe. In order to do this, we need every family to comply with all of our guidelines. Dancers and their families must observe the following precautions and safety standards at all times:

1. Consistent with current Maine state orders and guidelines, the number of people in any given room at any time will be no more than 50 people.
2. Please arrive at studio right on time. All students will enter the Studio door.
3. For everyone's safety, we will review all posters with the dancers but please review these guidelines with them as you think is appropriate. They will be asked to please observe and adhere to all posted directions regarding safe conduct while in the church building. For dancer's families, we have posted questions in a prominent place to remind you of COVID-19 symptoms. On a daily basis, if you answer "Yes" to any of these questions, please be considerate of others and return home and do not enter the building.
4. Dancers must respect social distancing rules (6 feet apart) when entering and exiting the studio. Students must stop at the registration table to have their temperature taken. Then they must go straight to their respective classrooms and bring all of their belongings with them and sit on any X.
5. No parents (or non-students) are allowed in the studio, unless accompanying a young dancer, age 6 and under, who needs assistance. Parents may not remain inside the building once the dancer is settled.
6. **Face Coverings:** We ask for everyone to wear face masks or cloth face coverings while arriving and leaving. (Extra masks will be available at the entrance). Please remember that face masks and coverings help keep OTHERS healthy.
7. **Hand sanitizer** will be available at the entrance and in multiple places.

During Dance Class:

1. **Social Distancing:** SonDance will comply with state guidelines that recommends the physical distance of 14 feet between dancers who are engaged in vigorous fitness activities. This will include all dancers.
2. **Face Coverings:** Given the increase in the virus rate recently, we are requiring face coverings at all times at SonDance. We will take regular water and mask breaks throughout the class. We know this is particularly hard for the little ones, so we will work with them and see how successful we can be! No stress about that! SonDance staff will always wear a face covering.
3. Students must have their own dance bag and keep all belongings inside the bag. Bags will be kept in their own personal dance spot area 14 feet away for all other dancers. Dancers may not eat anything during class but if they have back to back classes, can access snacks once the class has ended. We ask that all dancers remain in their dance spot in between classes unless they need to visit the rest room.
4. Locker rooms will remain closed.
5. Dancers may not wander around the building. Dancers must remain on their dance spot unless they are moving between classes, using the rest room or entering or exiting. Dancers who have permission to remain in the studio between classes, must remain in the waiting area and respect social distancing guidelines.
6. There are no water breaks at the water fountain. Students must bring their own water bottles and only use the fountain if they need to refill.
7. **Stopping the Spread:**
 - a. When walking around, maintain social distancing of a minimum of 6 feet.
 - b. Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.
 - c. Do not touch your eyes, nose, and mouth.
 - d. Keep your face mask/covering on when entering, exiting and singing!
 - e. Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer often. Hand cleaner will be available at the entrance and in multiple place
8. We have adequate supplies and resources for soap and water for hand washing, hand sanitizer with at least 60% alcohol, tissues, etc.
9. **Greeting:** For the foreseeable future, we ask that we all avoid hugging and/or hand shaking. Dancers will develop its own virtual greeting!!!!
10. **Bathrooms are of course available.** But we are restricting use to one or two bathrooms throughout the building to cut down on the need to sanitize everything. We will point those out to the dancers. Dancers will need permission to visit the bathroom.
11. **Sanitizing:** The church has been deep cleaned and surfaces will be wiped down before and after each day. The gym is fit with radiant heat to avoid any blowing of particles. All other filters have been changed to HEPA filters to cut down on the transmission of disease.
12. **Sharing: There will be no sharing of any snacks, food, personal items. Barres will be shared and sanitized**

Exiting the Studio: Students will be exiting the studio 6 feet apart. Please look for drop off and pick up signs. Please be on time for pick up. Dancers will not be allowed to remain inside the building waiting for pick up. Parents, please remain outside of the building when you arrive for pick up. Written permission from the parents is required if anyone else besides the parents will be picking up the dancers. Please maintain social distancing of 6 feet when arriving for pick-up!

After hours:

We ask if anyone shows any signs of COVID-19 after attending class, they contact the office immediately @ (207) 985-9287 or at sondanceacademy@messiahchristianchurch.org There will be a list of all attendees for each class so we can communicate to everyone who attended if anyone shows signs of being sick.