



COVID SAFETY PLAN

The bullet points beneath list the measures Deas Island Dance is putting in place to help combat the spread of COVID-19.

Dancers Before leaving home please:

- use the washroom and wash hand thoroughly prior to arriving to the studio
- please fill your water bottle before leaving home
- *****NEW** Ballet students should bring a **small clean hand towel** with a large safety pin (for use to cover their spot at the barre).
- students should arrive in uniform (changerooms will not be available for changing clothes)

Upon arrival (Dancers please arrive exactly at your arrival time and follow posted instructions.

- parents will need to wait outside for their dancer
- dancers will have access to hand sanitizer before entering the studio
- dancers will follow instructions to their distanced “waiting spots” where they will change into their dance shoes. Bring a bag large enough to put all your belongings inside including your clothing and street shoes. Keep your water bottle out.
- dancers will need to keep all their belongings including their street shoes in one bag. This bag will accompany them to the classroom.

IT IS IMPERATIVE THAT ALL TEACHERS, STAFF AND FAMILIES FOLLOW THESE 4 PRACTICES:

1

STAY HOME IF YOU ARE SICK. The most important measure to prevent the spread of COVID-19 is to stay home if you are sick.

- **Stay at home if you show and symptoms of respiratory illness consistent with cold, influenza, or COVID-19, even if symptoms are mild, you must remain at home.**
- **Note that there will be signage at our entrance way asking you not to enter the building if you have symptoms. Teachers will also ask if dancers are experiencing any signs of illness.**
- **If a teacher or students begins to feel unwell at the studio, they will be asked to go home.**
- **If someone in your home is sick please wait for 14 days of quarantine until everyone has shown no symptoms.**
- **If you have travelled outside of B.C. please wait for 14 days of quarantine until returning to the studio.**

2

WASH YOUR HANDS. Good personal hygiene helps reduce the risk of infection.

- Please wash your hands with soap and water before leaving home.
- There will be hand sanitizer at the studio front door. Please use upon entry.
- If you need to cough/sneeze please do so in to your elbow
- Avoid touching your face.

3

KEEP YOUR DISTANCE. Prevent transmission by creating space between people, stay two metres apart.

We have 8000 square feet of studio and lobby space and we will use the room in the facility to space dancers as required. We will be using the common areas (lobby and flex studio) to keep distance between dancers upon entrance and exit.

- There will be physical distancing floor markers in both the lobby.
- There will be physical distancing floor markers and barre markers in the classrooms.
- Students will be directed to spots in order to remain social distancing.
- Teachers will conduct entrance and exit into classrooms – one group at a time in the hallway.
- Parents are asked to remain outside the studio. Please drop off and pick up your dancer outside the studio entrance.
- Dancers will not be permitted in the changeroom to change. Please arrive with your dance clothing on.
- Bring only what you need to the studio. All belongings will be packed into a single bag which will travel with you to the classroom. Please make sure your can fit all your belongings (including street shoes and sweats) in your dance bag.
- Dancers are asked to use the washroom at home prior to coming at the studio. If you absolutely need to use the restroom, we ask that you do not do so during times when classes are coming and going to their rooms. Please use the changeroom washrooms. Only 2 dancers may be in the changeroom at one time.
- Please wash hands thoroughly. Signage will be posted as a reminder of good hand washing practice.

4

KEEP SURFACES CLEAN AND CLEAN SURFACES OFTEN. Regular disinfection of high touch areas reduce the risk of transmission from contaminated surfaces.

- We will be cleaning high touch areas on a regular basis.
- Teachers to open and close classroom doors as needed and will sanitize high touch areas between classes.
- Dancers will not be able to use shared studio equipment (stretching bands, mats...)
- Ballet students using the barre please bring a small clean hand towel to place over the barre in your area.
- As cell phone are typically quite dirty, we ask dancers to refrain from cellphone usage once inside the studio (except in case of emergencies).
- Students renting studio for individual rehearsal are asked to bring their own portable speaker and not touch studio equipment.
- Students are not permitted to bring food or beverage inside the studio.

Students may bring a water bottle, but it must be filled at home.