



UNIT 320-4949 CANOE PASS WAY, TSAWWASSEN COMMONS, DELTA, BC

Safety Guidelines & Plan

(Communicable Disease Plan)

Updated December 2021

SAFETY GUIDELINES AND PLAN – 2021/2022

Introduction

From the start of the Covid-19 pandemic, Deas Island Dance has made the safety and continued well being of our students, staff and studio families a priority. As required by the PHO, we have now updated our Covid Safety Guidelines to a Communicable Disease Plan. We have taken guidance from the PHO which recently updated protocols in the [B.C.'s Back to School Plan - 2021/2022](#) and [Province-wide restrictions - Province of British Columbia \(gov.bc.ca\)](#). We will continue to update our plan as required by the PHO.

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SAFETY CHECKLIST – D.I.D. STAFF, STUDENTS, FAMILIES

- PRIOR TO ARRIVAL CONDUCT YOUR OWN HEALTH CHECK. SEE PAGE 7.
- STAY HOME IF YOU ARE SICK. YOU MAY RETURN ONCE YOU NO LONGER HAVE SYMPTOMS AND AFTER THE AMOUNT OF TIME RECOMMENDED BY THE PHO HAS PASSED. LIKewise IF A STUDENT OR TEACHER HAS BEEN EXPOSED TO COVID 19 PLEASE CONSULT WITH FRASER HEALTH/PHO GUIDELINES REGARDING TIMELINE FOR RETURN TO THE DANCE STUDIO.
- IF YOU ARE GOING TO BE ABSENT: EMAIL admin@deasisInddance.com AND INCLUDE THE NAME OF YOUR DANCE TEACHER(S) IN THE EMAIL SO WE CAN FORWARD THE MESSAGE ON IN A TIMELY MANNER. PLEASE NOTE WE PREFER EMAIL OVER PHONE MESSAGE AS EMAIL IS CHECKED MORE REGULARLY.
- ARRIVE NO MORE THAN 5 MINUTES BEFORE YOUR CLASS TIME.
- ENTER FACILITY DRESSED FOR CLASS. PACK LIGHT ONLY BRING WHAT YOU NEED.
- USE HAND SANITIZER UPON ENTRY AND EXIT
- STAFF AND DANCERS AGED 5+ MUST WEAR MASKS IN ALL AREAS AT ALL TIMES.
- ONCE INSIDE FOLLOW DIRECTIONS TO SOCIAL DISTANCING MARKERS AND FOLLOW SIGNAGE AND STAFF INSTRUCTIONS
- MAINTAIN DISTANCE BETWEEN YOURSELF AND OTHERS. ONLY 2 PERSONS ALLOWED IN GIRLS CHANGEROOM AREA AND 1 IN BOYS.
- PARENTS DROP OFF AND PICK UP AT THE FRONT DOOR. PARENTS PLEASE WAIT OUTSIDE.
- AS OF JANUARY 1, 2022 WE WILL CLOSE OUR OFFICE TO IN PERSON VISITORS. IF YOU NEED TO SPEAK WITH THE OFFICE PLEASE EMAIL.



Health and Safety Measures

Mask Policy

- Masks are required for anyone ages 5+ entering the building ages. Masks must be worn at all times including both common space and the studios.
- Disposable masks are available at the front entrance if a student or staff member requires one.

Reducing Building Occupancy

- **Parents are asked to remain outside the studio for pick up and drop off.**
- **Currently the studio is closed to visitors.** Teachers, students, staff and volunteers only.
- **Office communication:** The physical office is currently closed for in person visits. Please contact the office by email if you need to reach us.
- **Adult volunteers must have proof of vaccination.** At this time the only adult volunteers permitted in the studio are those parents accompanying their own children to a private studio booking.

Physical Distancing

We will be encouraging physical distancing in both the studios and common areas and use available space to maximize physical distancing where possible

- **Within classrooms,** teachers will arrange lesson plans to maximize physical distancing amongst students.
- **In common areas,** students will be asked to find dots for physical distancing.

Student Movement Inside the Facility

We have a large facility, 8000 square feet with a large hallway and common space. We will continue to monitor movement of students between classes to avoid congestion.

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Stay Home When Sick

Staff and Students

- Staff, dancers, volunteers are expected to conduct your own health check prior to attending the studio. See page 7 for a symptom checker.
- Students who show signs of illness unrelated to a pre-existing condition (e.g. allergies, asthma) may not attend dance. Please review symptoms chart for when your dancer may return to class.
- If a student develops symptoms of illness at the studio, the teacher or student will contact the parent for pick-up within 30 minutes and will recommend further assessment, as required, Likewise a teacher will leave the studio if they develop symptoms at work.

Exposure

If a dancer or teacher has been exposed to Covid 19, please consult with Fraser Health and follow PHO guidelines on timeline for returning to the dance studio.

Email the Office When Absent

- Families are asked to email the office to let the teachers know if a student is absent.
- **Please include the name of your dancer's teacher(s) in the email so that we can easily forward get the information to the correct instructors.**
- **Email is preferred over voicemail as the email is checked more regularly.**

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Hand Hygiene

We have hand sanitation reminders posted at entries and throughout the school, including washrooms, reception and other high traffic areas. Staff and students are reminded to conduct hand sanitization or washing at all major transitions, including entering and leaving the school or classroom.

Staff and students may **bring their own personal supply of hand sanitizer** although we will have sanitizer available in all classrooms and the studio entranceways. When sneezing or coughing, we remind everyone to do so into their sleeve or tissue.

What to Bring– Please Bring a Tote or Dance Bag

Dancers should pack lightly and only bring essential items to the studio, including:

- **A face mask**
- **A personal bottle of hand sanitizer**
- **Water bottle (please fill water ahead of time)**
- **Dancewear and danceshoes.**

All dancers must have a tote or bag to put all belongings and must be big enough to fit outdoor shoes and jackets/outwear.

Helpful Tips for Parents of Young Dancers

For junior dancers ages 2-6 we highly recommend:

- **A generous sized shopping bag or tote** so that the young dancers can easily get their dance shoes in and out without fussing with zippers.
- **Slip On Outdoor shoes**
- **Easy to slip on outer layer such as a winter coat.** (rather than separates or onsies)

No Food or Drink

We ask that food and drink is not brought to the studio. In the rare instance that a senior student has a break at the studio and requires a place to eat please contact the office and we will make arrangements. Water bottles are encouraged.

Arrive Dressed for Class

We are continuing to limit the capacity in the changerooms. Please arrive dressed for dance class in your uniform. If a high school student is coming prior to 3:30 directly from school we ask that you use the changerooms quickly and take note of capacity limit below.

Changeroom Capacity

2 students max in girls changeroom. 1 student max in boys changeroom.

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Daily Health Check Symptoms

Influenza (the flu)	Common Cold	COVID-19	Gastrointestinal Illness
<ul style="list-style-type: none"> • Fever or feeling feverish (not everyone with the flu will have a fever) • Chills • Cough • Sore throat • Runny or stuffy nose • Muscle or body aches • Headaches • Fatigue (tiredness); may feel exhausted and bedridden • Some people may have vomiting and diarrhea, although this is more common in children than adults. <p>*The symptoms that are bolded are <u>more common with the flu than the common cold.</u></p> <p>When to return: Students and staff should stay home if they are sick with any of the bolded symptoms until at least 24 hours after their fever* (temperature of 37.8 degrees Celsius or higher) is gone. Temperature should be measured without the use of fever-reducing medicines (medicine that contains ibuprofen/acetaminophen).</p>	<ul style="list-style-type: none"> • Chills but fever is rare • Cough, chest discomfort (mild but may last a while) • Body aches/pains (mild) • Tiredness (you can still do your daily activities) • Headache (mild) • Sore throat • Stuffy, runny nose, sneezing <p>When to return: Symptoms need to have improved significantly for individuals to return to school. That is, a student is not developing further symptoms AND is improving. For example, a student with a lingering cough that is improving can return.</p>	<ul style="list-style-type: none"> • Fever • Chills • Cough or worsening of chronic cough • Shortness of breath • Sore throat • Runny nose / stuffy nose • Loss of sense of smell or taste • Headache • Fatigue • Diarrhea • Loss of appetite • Nausea and vomiting • Muscle aches • Conjunctivitis (pink eye) • Dizziness, confusion • Abdominal pain • Skin rashes or discoloration of fingers or toes <p>BC COVID19 Self-Assessment Tool</p> <p>When to return: Individuals with any of the above symptoms should call 811 or their family doctor for assessment and should self-isolate until they receive further guidance.</p>	<ul style="list-style-type: none"> • Diarrhea • Nausea • Vomiting • Abdominal cramps • Fever • Headache • Rash (sometimes) <p>When to return: Students and staff should stay home if they are sick with vomiting and/or diarrhea (that is not a normal pattern) a minimum of 48 hours* after diarrhea and vomiting has stopped without the use of anti-nausea or anti-diarrhea medications such as Gravol® or Peptobismol.®</p> <p>*Individuals can continue to shed the virus even if they are no longer ill.</p>

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Cleaning Protocols

High-touch surfaces are sanitized frequently. Disinfectant spray and wipes are available in all instructional spaces and teacher offices to allow for additional cleaning throughout the day. We continue to clean as below:

- Clean high touch surfaces between classes. These include: doorknobs, handrails, barres, light switches, cabinet handles, faucet handles, tables, countertops and electronics.
- Keep clear kitchen, bathroom, office counter, teacher stations in order for ease of cleaning.
- Disinfectant wipes and garbage disposal are provided in each classroom
- Teachers must clean any used high touch surfaces between classes.
- Teachers are responsible for cleaning their own station at the end of their shift.

Cleaning Protocol and Products:

The cleaners that we are using to disinfect high touch surfaces and general cleaning are:

70% alcohol and **QUATS (quaternary ammonium compounds)**.

Read and follow manufacturer's instructions for safe use of cleaning and disinfection products (e.g., wear gloves, use in well-ventilated area, allow enough contact time for disinfectant to kill germs based on the product being used).

If using gloves, wash hands with soap and water for at least 20 seconds after removing gloves. If soap and water aren't available, use an alcohol-based hand sanitizer containing at least 60% alcohol.

Damp cleaning methods (damp clean cloths and wet mops) are preferred over dry methods (dusting and sweeping). Damp methods of cleaning are less likely to distribute virus droplets into the air.

Put used disposable cleaning items (e.g., mop heads, cloths) in a lined garbage bin before disposing of them with regular waste. Reusable cleaning items can be washed using regular laundry soap and hot water (60-90°C).

In addition to routine cleaning and disinfecting, surfaces that are frequently touched with hands should be cleaned and disinfected more often, as well as when visibly dirty.

Follow the manufacturer's instructions for cleaning regularly-used electronics like keyboards, tablets and smartboards. If electronics can withstand the use of liquids, disinfect them with 70% alcohol, like alcohol prep wipes.

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Ventilation & Filtration

Deas Island Dance has newer HVAC equipment that is maintained regularly.

- The ceiling height throughout the facility is between 16 and 22 feet.
- New HVAC system installed in 2019 – rooftop RTU.
- The HVAC system is maintained to ensure it is properly balanced.
- Outdoor air dampers are operating properly, and fresh air exchange is being maintained. Ventilation system continues to run even on off hours and weekends to ensure continued air exchange.
- When warmer weather permits, front doors are to be kept open to promote the flow of fresh air.