

The School of DanceWest Ballet

Safety Precautions and Protocol for Covid-19

- Preventative measures include **social distancing, limitations on gathering sizes, protective gear, hygiene, visual guidance and controlled dance space conditions.**
- By allowing your child to attend classes, you represent that you and your child are 100% healthy, and fever and symptom-free. If you or your dancer have been in contact with someone who is confirmed or suspected to have COVID-19 within the last 14 days, you are not allowed to attend in-person classes. You are welcome to take online Zoom classes instead.
- Upon arrival, parents stay in vehicles. Drop off in front of building. Students will line up no sooner than 5 minutes before class start time. Students will line up outside for class, using 6 ft. safe distancing when lining up.
- Parents are expected to escort their dancer to line and remain until staff escorts them into the building. No parents allowed in lobby. Maintain safe distance while entering building.
- Pick-up after class in rear of building. For pick-up, head north in parking lot and turn right to back of the building to back of school Suite #163 and #165 (look for the black trailer on right and signage)
- Park your vehicle and walk to designated Student Pick-Up area to retrieve your dancer and take them to your vehicle. No dancer will be allowed to run to parent's car.
- We have created and posted direct, clear, concise signage encouraging strict social distancing and flow of traffic through our facility.
- Pre-register for classes to ensure appropriate gathering size, and eliminate walk-up registrations
- Registration opens August 1
- Class sizes will be limited to ensure safe distancing
- No walk-in classes
- All make-up classes must be requested through the front office to ensure class size safety. This must be done **prior to the day of the scheduled class, with approval from front office**

- Dancers will wear masks and dance clothes, and only carry water bottle and go directly to studio that has been thoroughly sanitized prior to class
- Masks should fit snugly over the nose and mouth, not be touched once placed on the face and washed or discarded immediately after each use.
- A mask will make it harder to breathe during exercise, and dancers should self-monitor for symptoms of lightheadedness, dizziness, numbness or tingling and shortness of breath.
- If a dancer starts to feel dizzy, imbalanced or over-fatigued, they should stop the activity and rest.
- Instructors will monitor the intensity of classes and rehearsals as dancers adjust to wearing masks during exercise. They will adapt and breathe easier after a few weeks.
- Dancers should not touch or remove masks during class or rehearsal. If a dancer needs to remove their mask, they should dispose of single-use masks in the trash or place a reusable mask into its own sealable bag, wash their hands and replace the discarded mask with a clean one.
- Dancers may require multiple masks to get through the day/evening multiple classes.
- If a mask becomes saturated with moisture from breathing or sweat, the dancer should change into a dry mask. A wet mask is less efficient at filtering bacteria and viruses
- All reusable masks should be cleaned, ideally in a washer, with hot water and soap and dried in a dryer prior to next use. Ironing on the highest setting can also disinfect after washing and drying
- Lobby and Dressing Rooms are closed and off limits
- Street shoes, a water bottle and a small pointe shoe bag is all that is permitted and will be placed under the mirror prior to class. Dancers not en pointe should not bring in any items except a water bottle
- Shoes can be a potential transmitter of disease. Street shoes should be removed prior to entering any studios, and dance shoes should not be worn outside the studio.
- Dancers will place their bags under mirrors in front of studio so that social distancing can be maintained among belongings. These areas shall be cleaned after each dancer removes their bag.

- Additional minimum 60% ethyl alcohol-based or 70% isopropyl-alcohol based hand sanitizer will be available for use when entering any room or after interacting with any high-touch surfaces.
- It is best to practice proper hand hygiene when touching public surfaces: frequent hand washing and/or the use of a minimal 60% ethyl alcohol- or 70% isopropyl alcohol-based hand sanitizer, letting it dry for 30 seconds
- Non-healthcare providers should wear masks, but do not have to wear gloves, which give people a false sense of security. Touching items with gloves can transmit the virus just as easily as bare hands. Gloves are not recommended by the CDC or WHO at this time. The best practice is to wash your hands with soap and water for 20 seconds and/or use an alcohol-based hand sanitizer. **Washing hands /or using provided hand sanitizer is required before and after entering the studio**
- Bathroom use only if absolutely necessary. Bathrooms will be locked, students requiring bathroom use will request from front office. Will have to be re-sanitized after use, if used
- At barre, dancers stand at mark measured 6 feet apart
- In Center, dancers stand at mark measured 6 feet apart
- Masks will be worn for entire class by both the instructors and students
- Hand sanitizers on counter in lobby to be used upon entering
- Hand sanitizers in all studios to be used after barre and during center, and exiting after class
- Doors will remain open to outside, whenever possible, weather permitting
- Refrain from socialization before and after class
- If you need to pay by credit card, please call or email the school at school@dancewestballet.com to arrange payment. We encourage tuition payment by check. As an incentive, only payments by check will receive the Early Enrollment Discount.
- Checks can be dropped in the mail slot at the studio or can be mailed to: The School of DanceWest Ballet, 1665 Quincy Ave. Suite #163, Naperville, IL 60540
- Class sizes will be limited to ensure safe 6 feet distance at all times

- Prior to barre work, all barres will be wiped down and sanitized. After each class and between classes, all barres will be wiped down and sanitized. **Classes will end 15 minutes before scheduled time to allow for cleaning and safe entrance and exit of students**
- Instructors will plan for frequent disinfecting procedures as recommended by the CDC. For dancers, this includes cleaning studios and common spaces between each class and rehearsal, with cleaning staff wearing appropriate personal protective equipment.
- Each night, at the end of classes, barres will again be wiped down and sanitized. Also all surfaces such as door knobs, light switches, windows, glass doors and handles, counters and all surfaces
- Floors will be cleaned as usual once a day, followed by a cleaning with the CDC recommended alcohol CDC solution that will disinfect the floors properly for COVID-19
- **We ask that all students stay home if sick or show symptoms, to protect themselves classmates and teachers. If student or any family member becomes ill, notify studio immediately via email: school@dancewestballet.com, and call to leave message at: 630-778-1303.**

What happens if we discover a case of COVID-19 in our community once we reopen, at any phase of reintegration?

- Students, dancers or staff who become ill while at work need to be isolated immediately and should seek advice and care from their healthcare provider.
- The studio and all surfaces with which the individual had contact will be cleaned and disinfected thoroughly.
- Dancers and staff who live with someone who has COVID-19 should notify The School of DanceWest Ballet **immediately** and quarantine for 14 days after last exposure, following [CDC guidelines](#).

If a case of COVID-19 is confirmed in our facility or community:

- Both the studios and the company will halt operations for five days for proper cleaning. This includes 90+ alcohol in a sprayer, spread by a mop to distribute the solution. The mop pad shall be washed with soap and hot water in the washing machine between uses.
- Studio manager shall wait 24 hours before cleaning and disinfecting to minimize potential for further exposure during cleaning. They will ventilate the area, and follow CDC guidelines for cleaning and disinfecting.
- Public health authorities may engage in contact tracing, which occurs through the physician's office. To protect patient privacy, contacts are only informed that they may have been exposed to a patient with the infection. They are not told the identity of the patient who may have exposed them per the CDC.

Everything is changing day-to-day. It is important to stay up to date with current guidelines from the CDC, WHO and public health authorities and local government