

Ovations Dance Studio

Road to Returning to Dancing and Training

Considerations Due to-COVID-19 as set by the U.S. Task Force on Dancer Health

*Governments may be making decisions for reopening based on weighing economics, politics and health. **However, Ovations has opted to take most considerations from the Task Force on Dancer Health, strongly recommending making these decisions based on medical advice as it pertains to a dancer in training.***

Basic Concepts:

Dancers and staff with medical conditions that place them at higher risk should not participate during this transition period.

- *Be aware of COVID-19 symptoms (Appendix A1) and check the CDC website for updates <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>*
- *Dancers who have traveled back to their homes from states on the governor's travel advisory list must self quarantine in isolation for 14 days before coming to the studio. <https://covid19.nj.gov/faqs/nj-information/travel-information/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey>*
- *Dancers and staff should practice mask wearing & social distancing whenever leaving home.*
- *Dancers and staff should only be at the studios if feeling completely well with no symptoms of illness.*
- *Temperature checks using a no-touch forehead thermometer will be conducted daily for every individual when entering the building lobby. Anyone with a temperature above 100.0 will be asked to not proceed upstairs to the studio.*
- *If a dancer or staff member has had COVID-19, they will need a clearance note from a doctor to return to the studios*
- *Social distancing recommendations in general become significantly greater when dancers and athletes are exercising indoors. Besides social distance taped off dance areas, each studio has been outfitted with a CDC approved to kill COVID air filtration system.*
- *All dancers and staff need to behave as if they are an asymptomatic carrier of COVID-19 to help reduce risk that asymptomatic individuals are infecting an enclosed environment. Masks must be worn in all studio spaces including classrooms if there is more than 1 dancer & 1 Instructor. Instructors will wear a mask or face shield depending on class situation.*
- *Ovations will have a "Germ Buster" team member on premises during all operational hours. These team members will be trained and will have appropriate PPE supplies and CDC approved cleaners/disinfectant to facilitate multiple cleanings per day of common spaces including rest rooms as well as disinfect floors & barres between classes. No sharing of props will be permitted and new wipeable individual mats will be used for acro classes. All interior doors will be propped open when possible to reduce touching of handles/knobs. However, all handles and knobs will still be wiped down between classes. Studios (including floors) and lobby area will be disinfected daily and sometimes between classes/sessions. The student lounge will be closed until further notice and locker rooms will be available for 1 person at a time.*

<https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

- *Please review **Appendix B Infection prevention recommendations outside of the studio.***

Phases for returning to studios:

(Phases do not necessarily relate to individual state phases- these are specific to the dance industry)

Phase 1: Public health authorities mandate shelter in place and studios are closed.

Ovations: Started March 15, 2020

- Dancers train at home (see TFODH informational paper on Ideas for staying in shape during social isolation restrictions).
- Classes occur virtually.
- Dancers and staff leave home only for essential work or errands and always follow infection prevention protocols (Appendix B).

Phase 2: Public health authorities begin to lift shelter-in-place requirements, but continue to prohibit group activities. Public training facilities remain closed.

Ovations: started June 1st with Summer Session

- Same guidelines as Phase 1 above.

Phase 3: Public health authorities allow small group activities (< 10 people), but public training facilities remain closed

Ovations: started 1-on-1 rehearsals July 12th & Day Camps to start July 27th under NJ Executive Orders for day camps.

- Dancers continue with some training at home, but small groups may be allowed in the studio with social distancing measures in place.
- Criteria for participation in group training sessions: See Appendix A2 below.
- Dancers should maintain a distance of at least 6 feet apart.
- Masks are required at all times inside the studio (dancer may dance without mask if in a private lesson with a masked/shielded instructor with parent approval only).
- Minimize changes in small group participants .
- No activities will be allowed that requires direct or indirect contact including: partnering, tactile cueing, touching the same equipment or travelling across the floor.
- Common spaces such as restrooms and dressing rooms need to have distancing and frequent cleaning measures in place.

Phase 4: Public health authorities allow larger groups up to 50 people to congregate

Ovations: Plan for August 1st Intensive. (Limited in-studio participation with ZOOM option in place if preferred/requested.

- Precautions in place during phase 3 should continue except now movement across the room can occur. Dancers should maintain 6 feet distance apart from each other standing side by side in one line and allow each group to complete the combination to the end of the room prior to the next group starting.

Ovations Fall season starts October 5th and will be offered via limited in-studio participations as well as ZOOM platform for all 4 studio rooms. See Page 4 below for Fall re-opening guidelines.

Phase 5: Public health authorities allow gyms and larger facilities to be open. No limitations on group size. [Ideally, a vaccine is available.]

- Continue educating staff and dancers regarding COVID-19 symptoms and if anyone has symptoms, he/she should not come to the studio.
- Standard infection prevention measures continue such as frequent and effective hand washing, avoiding touching of the face .
- Social distancing measures are no longer required.
- Activities with direct and indirect contact are permitted including partnering.

Appendix A1: COVID-19 signs and symptoms

1. Fever > 100.4 degrees Fahrenheit. (Ovations will send anyone home with a temperature over 100.0 degrees)
2. Cough, usually dry
3. Shortness of Breath
4. Sore Throat
5. Headache
6. Chills
7. Congestion
8. Muscle and joint pain that are unexplained
9. Nausea or vomiting
10. Loss of sense of smell
11. Diarrhea
12. Oxygen saturation of < 93% with a reliable pulse oximeter taken. (on site @ Ovations if needed)

Appendix A2: Participation Check-List

1. No signs or symptoms of COVID-19 (Appendix A) in the past 14 days.
2. If a dancer or staff member has had COVID-19, then they will need a clearance note from their doctor to return to the studio once healthy.
3. *Dancers who have traveled back to their homes from states on the governor's travel advisory list must self-quarantine in isolation for 14 days before coming to the studio.*
4. No close or sustained contact with anyone who is sick within 14 days of starting group training.
5. Temperature check with no-touch thermometer and symptom check before entering. (Ovations will send anyone home with a temperature over 100.0 degrees Fahrenheit & must have a return release from a physician before returning to studio).

Appendix B Infection prevention recommendations outside of the studio

1. Stay more than 6 feet away from people who do not live with you in your home
2. Avoid touching your face
3. Frequently wash hands for 20 seconds with soap and water or use alcohol-based hand sanitizer with a minimum of 70% isopropyl alcohol or 60% ethanol if your hands aren't soiled. Wash hands after returning home from activities outside of the home
 - b. Wash before handling food
 - c. Wash after using the restroom
 - d. Wash after touching your face for any reason
 - e. Clean hands before and after shopping
4. Clean purchased items with soap and water if possible or disinfect when possible with a bleach or alcohol based solution. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
5. Cover your mouth and nose with a tissue when coughing or sneezing dispose of tissue in trash, and then wash your hands or use hand sanitizer. If no tissue, sanitizer, or wash area is available then please cough or sneeze into elbow and avoid contacting the elbow until your shirt can be changed or the elbow can be washed
6. Frequently clean commonly touched surfaces (ie: doorknobs, keyboards, counters, telephones) with antiseptic cleaner
7. Wear a facemask outside of your home or if you have symptoms of respiratory illness such as cough, runny nose, or shortness of breath
8. Stay home if you are sick and call your healthcare provider for further recommendations

Disclaimer: The information on returning to dance and training contained in this paper is intended to help guide and inform the dancer. It is not meant to take the place of the advice of a medical professional. This information is provided by Dance/USA Task Force on Dancer Health.

Written by: Heather Southwick, PT, MSPT, Selina Shah, MD, FACP, FAMSSM, Kathleen Bower, PT, DPT (2020) – Article has been customized by Ovations to include additional specific procedures taking the studio facility and floor plan into consideration.

Ovations Dance Studio

Procedures-PARENTS

BEING ON TIME IS IMPERATIVE FOR SAFTY AND FLOW

Parents:

(for ages 6 and Up)

*Read over Appendix A2. If dancer does not meet these guideline, please do not have your dancer participate until cleared.

Appendix A2: Participation Check-List

1. No signs or symptoms of COVID-19 (Appendix A) in the past 14 days
2. If a dancer or staff member has had COVID-19, then they will need a clearance note from their doctor to return to the studio once healthy
3. *Dancers who have traveled back to their homes from states on the governor's travel advisory list must self- quarantine in isolation for 14 days before coming to the studio*
4. No close or sustained contact with anyone who is sick within 14 days of starting group training
5. Temperature check with no-touch thermometer and symptom check before entering. (Ovations will send anyone home with a temperature over 100.0 degrees Fahrenheit & must have a return release from a physician before returning to studio.)

*Drop off from a legal parking spot (no double idling drop-off) or drop off at lobby door

*Pick up from back entrance (behind Tone wood) sidewalk (if on foot) or parking lot (if in car) Do not block driveway – car pick up must happen in parking lot. (5th grade and under will be escorted by studio rep)

Parents:

(for ages 5 and under)

*Read over Appendix A2. If dancer does not meet these guideline, please do not have your dancer participate until cleared.

Appendix A2: Participation Check-List

1. No signs or symptoms of COVID-19 (Appendix A) in the past 14 days
2. If a dancer or staff member has had COVID-19, then they will need a clearance note from their doctor to return to the studio once healthy
3. *Dancers who have traveled back to their homes from states on the governor's travel advisory list must self- quarantine in isolation for 14 days before coming to the studio*
4. No close or sustained contact with anyone who is sick within 14 days of starting group training
5. Temperature check with no-touch thermometer and symptom check before entering. (Ovations will send anyone home with a temperature over 100.0 degrees Fahrenheit & must have a return release from a physician before returning to studio.)

*1 masked parent may accompany dancer to their "Stop Here" spot and wait for dancer to go into class. Temperature will be scanned with dancer and we ask that you sanitize hands at top of stairs with dancer.

*Once teacher calls class in, parents are to exit out back door while maintaining social distancing

*Pick up from back entrance (behind Tone wood) sidewalk (if on foot) or parking lot (if in car) Do not block driveway – car pick up must happen in parking lot. (5th grade and under will be escorted by studio rep)

BEING ON TIME FOR PICK-UP IS IMPERATIVE FOR SAFTY AND FLOW

Ovations Dance Studio

Procedures-STUDENTS

Parent is responsible to make sure their dancer understands the procedures.
BEING ON TIME IS IMPERATIVE FOR SAFTY AND FLOW

Dancers:

- *Remember your mask & to go potty before leaving the house! (The less bathroom use the better)
- *Make sure hair is secure and will last the whole day of dance. No “messy buns”. Secured bun for all ballet classes and Secured Bun, slicked pony or braids for all other classes and camps.
- *Make sure you bring a small dance bag with the following items in it:
 - Gallon size Zip Lock bag (for street shoes)
 - smaller zip lock bag for personal items – phone, keys, etc.
 - spill proof water bottle with name on it (Use masking tape and marker if using disposable water bottle)
 - All dance shoes needed for the day
- *once dropped off, while wearing a mask, enter downstairs lobby where temperature will be taken from a studio representative with a non-touch thermometer (On nicer days- this table may be outside).
- *proceed up the stairs and use the touchless hand sanitizer on the wall right before going through upstairs door
- *proceed to the corresponding “STOP HERE Social Dis-dancing” floor sticker for your 1st class of the day:

Studio A



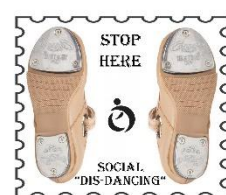
Studio B



Studio C



Studio D



*While on your spot, remove your street shoes – place in a gallon sized zip lock bag and put in your dance bag, put on your dance shoes you need for your first class and wait for teacher to call in the class

*once in classroom, place your dance bag/water bottle by a “my area” wall marker.

Different colored Triangles
in Studio B&C



Different colored Numbers in Circles
in Studio A & D



*Wait at your “My Area” sticker until teacher tells you which dance square is yours and proceed to the dot in the middle of the square

*If you need to use the bathroom or need to get your water bottle, please raise you hand so teacher can make sure you can do so safely.

*Once class is over, follow instructors instructions to return to your “ My Area” sticker to get your belongings, change your shoes, and follow the path around the perimeter of the room to exit.

*Before exiting through back door, use touchless hand sanitizer. Proceed down back staircase and follow hallway around to left to exit the building. Wait for parent, while social distancing along sidewalk. (if anyone in class is in 5th grade or younger, the class will be escorted out by a studio representative



WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19

ASSUMPTION OF RISK / WAIVER OF LIABILITY AGREEMENT

In consideration of being allowed to participate in lessons, competitions, performances and other activities in conjunction with Ovations Dance Studio, LLC. the undersigned acknowledges, appreciates, and agrees that:

1. Travel to and from and participation in practices, rehearsals, group lessons, private lessons, public and private performances, local, regional, national and worldwide competitions and other related events and activities pose a risk of possible exposure to and illness from infectious diseases including, but not limited to, MRSA, influenza, and COVID-19. Although particular rules, precautions and personal discipline may reduce this risk, the risk of serious illness and death does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as regards protection against infectious diseases. If, however, I observe and any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Ovations Dance Studio LLC, its officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL ILLNESS, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF RELEASEES OR OTHERWISE, to the fullest extent permitted by law.
5. I have read over Ovations Dance Studio, LLC *Road to Returning to Dancing and Training* and have familiarized myself and my dancer(s) with the procedures set in place and fully understand what is expected of myself as a guardian as well as my dancer(s) as a participant in any activity, on the premise of 215 West Clinton Ave.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IF FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Name of participant: _____ Participant signature: _____

Date signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian, with legal responsibility for this participant, have read and explained the provisions in this waiver/release to my child/ward including the risks of presence and participation and his/her personal responsibilities for adhering to the rules and regulations for protection against communicable diseases. Furthermore, my child/ward understands and accepts these risks and responsibilities. I for myself, my spouse, and child/ward do consent and agree to his/her release provided above for all the Releasees and myself, my spouse, and child/ward do release and agree to indemnify and hold harmless the Releasees for any and all liabilities incident to my minor child's/ward's presence or participation in these activities as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent provided by law.

Name of participant: _____ Participant signature: _____

Date signed: _____