



Carolina Dance Center's Covid-19 Health and Safety Protocol

Effective October 7th, 2020

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies have put in place recommended social distancing, occupancy restrictions and guidelines for businesses to follow.

Carolina Dance Center is committed to doing everything we possibly can to reduce the spread of COVID-19. The following are guidelines we are adopting based on recommendations from the Centers for Disease Control and the North Carolina Department of Health and Human Services. These guidelines/protocols may change as new recommendations and information become available. **Any changes or updates to this protocol will be communicated to parents via email and posted at www.carolinadancecenter.com.**

Dancer and Employee Wellness Checks

Dancers and Carolina Dance Center employees (instructors, staff members and volunteers) are the only individuals permitted inside the building. **Parents/guardians of dancers may not enter the facility at this time.** Anyone showing the following signs of illness of any kind or who may have been exposed to Covid-19 should not be in the facility.

Covid-19 Symptoms (*children may have milder symptoms*):

- Fever
- Cough
- Muscle pain
- Runny nose/congestion
- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Headache
- Sore throat
- Loss of taste or smell
- Nausea
- Diarrhea
- Vomiting

Dancers, instructors, staff members and anyone entering the facility will be screened for symptoms of COVID-19 and have their temperature taken using a touch-free thermometer before entering the studio each day before class. Any dancer or employee who exhibits symptoms of COVID-19, has a fever of 100 degrees Fahrenheit or above, or answers YES to any of the screening questions will not be permitted inside the facility. (Parents will be contacted if a dancer in a classroom displays any COVID-19 symptoms. Dancers will be isolated from the rest of the class and will need to be picked up immediately.)

Anyone entering the building should be prepared to answer the following screening questions:

- Do you, your dancer, or any member of your family have a fever 100 degrees Fahrenheit or above or signs of a fever such as flushed cheeks, fatigue, chills/shivering, sweating, achiness, headache, or not eating/drinking.
- Do you, your dancer, or any member of your household have any of the Covid-19 symptoms listed above?
- Have you, your dancer, or any member of your household been in contact with anyone who has tested positive for Covid-19 within the last 14 days?

Additional On-site Admittance Requirements

- **Face coverings are required at all times for employees, instructors and dancers ages 5 years and up.** The nose and mouth must be fully covered. **Masks with valves or vents, bandannas, and neck gaiters are not permitted as they do not provide suitable protection for others.** Face coverings are also required in the outside space surrounding the studio when social distancing isn't possible. **Dancers who are unable to wear a**

mask for health or personal reasons must take their classes via our Zoom option.

- Anyone who enters the building is required to wash or sanitize their hands upon entry (and should do so frequently).
- Any dancers who have symptoms and can't enter the space are welcome to make up missed classes in a Zoom class of comparable dance genre/age/level OR attend their regularly scheduled on-site classes via the Zoom link provided.
***If there is any question as to whether your dancer should dance in person, err on the side of caution.**
"When in doubt, sit it out".

Drop Off Instructions

- Only dancers, employees and instructors are allowed into the building. **The lobby and all common areas are CLOSED to all parents/guardians and siblings.**
- All dancers must line up (using the socially distanced and color coded lines taped on the sidewalk) outside of the building to undergo our new Check-in and COVID-19 screening procedures. Please reference the information provided below to determine the appropriate entry point for your child based on his/her assigned studio.
- Dancers may arrive 10 minutes prior to the start of class. Please remain in your car until a marked spot on the sidewalk is available. Masks are required for dancers waiting in line. Parents who wish to wait in line with their dancer must also wear a face covering.
- Please ensure dancers are ready for class upon entering the dance studio as our dressing rooms are closed. Only one bag per dancer is allowed and all dancers should bring ample water for class!

- **Designated Check-in Entry Points:**

Studio 1 – left set of main front doors (line up to left of entry using the Blue sidewalk lines)

Studio 2 - left set of main front doors (line up to left of entry using the Green sidewalk lines)

Studio 3 – right set of main front doors (line up to right of entry using the Orange sidewalk lines)

Studio 4 – doorway between Studio 4 and 5 (line up to right of entry using the Pink sidewalk lines)

Studio 5 - doorway between Studio 4 and 5 (line up to left of entry using the Yellow sidewalk lines)

**please check schedule for your dancer's assigned studio

- Following the check-in procedure, dancers will be admitted into the lobby, one at a time, as space permits. Dancers will stand on lines (color coded to match their studio) that are spaced 6 feet apart for appropriate social distancing while waiting to enter their assigned studio.
- Dancers must remove their shoes before entering the studio space.

Pick Up Procedures

- All classes will end 5 minutes early to allow for a safe dismissal of students and additional cleaning between groups.
- Dancers will be escorted out of the same doors through which they entered for pick up.
- Parents of young dancers are kindly asked to wait on the color coded sidewalk lines adjacent to the drop off lines used for each studio. Please do not block the main doors or congregate on the sidewalk.
- Older dancers may exit the building to find their parent/guardian. Please discuss your pick up preference with your child! If you would prefer to pick up your child, please wait on the color coded pick up lines and let your dancer know to stay with our CDC staff until they see you.
- If all of the pick up spots are occupied, please wait in the blocked off Loading Zone until a line/spot becomes available.
- Please make every effort to BE ON TIME when picking up your dancer!

On-site Precautions

- Each studio will have a designated waiting area where dancers will stand appropriately socially distanced before entering and exiting their classroom. These areas will be color coded to match the studio drop off lines located on the front sidewalk.
- Studio room floors and barres are marked with taped boundaries to maintain social distancing between dancers at all times.

- We have placed readily visible signage throughout the dance studio to remind everyone of appropriate hygiene practices and the social distancing rules.
- Each of our 5 studios has an assigned bathroom stall. Only one dancer may enter the restroom at a time. Dancers will **enter** through the main front door of the dressing room and **exit** through the back door leading to the kitchen area.
- The kitchen area is closed, including the refrigerator and microwaves.
- All classes will use the first few minutes of instruction time to complete check-in and hand sanitizing procedures.
- All classes will conclude 5 minutes early in order to safely facilitate our dismissal policy.

Minimizing Touched Surfaces

- Dancers should only bring essential items into the studio. **One bag per student** is allowed. The dressing room, benches, and lockers are closed and will only be used as an entry point for the restroom.
- Dancers are encouraged to use the restroom at home before coming to class. Restrooms are only available for enrolled dancers and instructors.
- The water fountains are closed. **Dancers should bring ample water from home** that is clearly marked with their name.
- Entry points, exits, and studio doors will be propped open to limit the touching of surfaces.

Increased Sanitation

- Bathrooms will be disinfected multiple times a day.
- Hand sanitizer (with at least 60% alcohol) will be placed at every entrance/exit and in every classroom. Dancers are encouraged to also have their own hand sanitizer in their dance bag.
- Carolina Dance Center will frequently clean and disinfect any regularly touched surfaces (including stereo equipment areas, light switches and door handles).
- Ballet barres will be disinfected between each new group of dancers.

Quarantine

If a dancer is required to self-quarantine, he or she can use the Zoom links provided for a virtual class option. **A refund will not be given.** The dancer will be allowed to return to the on site class once released from the quarantine period.

EXPOSURE and close contact:

Per the Centers for Disease Control, "Exposure" to someone with COVID-19 means that you were in **close contact** with someone who has been diagnosed with COVID-19 during their period of being infectious (48 hours prior to when symptoms began and the 10 days after symptoms began). Close contact can be any of the following (**regardless of whether or not you are wearing a mask**):

- You were within 6 feet of someone who has COVID-19 for 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 (hugging, kissing, etc).
- You shared eating or drinking utensils.
- They sneezed, coughed, or somehow got respiratory droplets on you.

BASED ON THESE GUIDELINES, dancers who are not within 6 feet of other dancers or instructors for 15 minutes or longer, may not meet the definition of exposure (will need to be decided on a case-by-case basis). Carolina Dance Center is doing everything possible to maintain a social distance of greater than 6 feet at all times (should choreography require a closer proximity later in the season, parents will be notified). **Please contact your health care provider, your child's health care provider or the NC Department of Health and Human Services if you have other questions.**

With all of our individuals in our facility wearing masks and practicing social distancing, we hope that we are minimizing the possibility of exposure to COVID-19. However, should a dancer or instructor be sent home with symptoms of COVID-19

during class, we will notify the parents of the children **in the affected room** of the possibility of exposure. We will not name the dancer or instructor, though please recognize that the dancers talk among themselves and we cannot control that. If that dancer or instructor later tests positive for COVID-19 and we are made aware, we will also notify all parents of the children **in the affected room** of the possibility of exposure (again, not naming that person), and it is still very likely that your dancer did not meet the definition of exposure. If someone at the studio tests positive for COVID-19 and was at the studio during the 2 days prior to the positive test or 2 days prior to symptoms starting, we ask that that individual or parents notify the studio so that we can notify the appropriate contacts (anyone who may have met the definition of exposure).

What to do if you are Exposed:

If you are exposed to someone who has been diagnosed with COVID-19, you should quarantine for 14 days after your last day of exposure with that person. This means the person with COVID-19 will likely be out of quarantine before you are. **Getting a negative test will not prove that you do not have COVID-19** because the virus can take up to 14 days to incubate in your system and show symptoms or have a positive test. However, you can still be contagious during that time. **Please contact your primary care provider with questions and please watch for symptoms of COVID-19.** You will not be allowed in to the studio until after your quarantine period is up even if you get a negative test.

If you are exposed to someone with SUSPECTED COVID-19, please do not come to the studio until you know if the person actually has COVID-19 or not. If they do, please follow the quarantine guidelines above. If they do NOT have COVID-19 and you have no symptoms, you will be allowed back in the studio.

SCENARIOS FOR SYMPTOMS:

You have symptoms of COVID-19 and tested POSITIVE: you may return to the studio 10 days after your first symptoms plus 24 hours with no fever (without the use of fever reducing medicine), AND symptom improvement, including coughing and shortness of breath. ***If you have a severe case, requiring hospitalization or with prolonged symptoms, your health care provider must determine when it is safe for you to return.

You have symptoms of COVID-19 and did not get tested: you may return to the studio 10 days after your first symptoms plus 24 hours with no fever (without the use of fever reducing medicine), AND symptom improvement, including coughing and shortness of breath.

You have symptoms of COVID-19 and tested NEGATIVE: you may return to the studio after 24 hours with no fever (without the use of fever reducing medicine), AND you have felt well for 24 hours.

You have symptoms of COVID-19 but they are symptoms of another confirmed diagnosis such as ear infection, sinus infection, strep throat, etc: you may return to the studio when your health care provider says that you are no longer infectious.

SCENARIO FOR POSITIVE COVID-19 TEST WITH NO SYMPTOMS:

You have a Positive COVID-19 test but you have no symptoms: you may return to the studio 10 days after the date of your positive test, assuming you did not develop symptoms. If you developed symptoms, the 10 days would start counting from the day the symptoms started and would need to add the 24 hours with no fever (without the use of fever reducing medicine).

Please note that the information above was based on guidance from the Centers for Disease Control website, the NC Department of Health and Human Services website and the StrongSchoolsNC Toolkit published by the NCDHHS. We will use this information to minimize exposure of COVID-19 to our dancers, their families, and our instructors. Please contact your healthcare provider if you think you or any member of your family has been exposed to or has symptoms of COVID-19 or if you have any other health concerns.