



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

Updated March 7, 2022

NEW INFO: UPDATED MASK REQUIREMENTS as of MARCH 7, 2022

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.**

ANYONE SHOWING THE FOLLOWING SIGNS OF ILLNESS OF ANY KIND OR WHO MAY HAVE BEEN EXPOSED TO COVID-19 SHOULD NOT ENTER THE FACILITY:

- 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

***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".

Additional On-site Admittance Requirements

- **Masks are recommended but not required for employees, instructors, parents, and dancers (except in cases of exposure or if you are within days 6-10 of infection...see guidelines) beginning March 7, 2022.**
- 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.

Drop Off Instructions

- **The lobby and all common areas are CLOSED to all parents/guardians and siblings except for parents with dancers age 5 and younger.** These parents may enter the building to drop off their dancer at the appropriate studio. They must then exit the facility and wait for their child to be brought to the main front doors when class is finished.
- Parents **will** be allowed to enter the lobby during designated office hours **only** to ask questions or get assistance from our office staff.
- **Please note: parents/guardians and siblings will not be allowed to wait in the lobby during class times.**

Pick Up Procedures

- Dancers ages 5 and younger 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 sidewalk in front of the main front doors. Please do not block the main doors or congregate on the sidewalk.
- Dancers ages 6 and up 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 sidewalk in front of the main front doors and let your dancer know to stay inside until they see you.
- **Please make every effort to BE ON TIME when picking up your dancer!**

On-site Precautions

- **Mask use is recommended but not required beginning March 7, 2022 (except in cases of exposure or if you are within days 6-10 of infection...see guidelines).**
- Hand sanitizer (with at least 60% alcohol) will be placed at every entrance/exit and in every classroom.
- Dancers are encouraged to bring a bottle of water to class. The water fountains are open for bottle refill use only.

Definition of Exposure (per the Centers for Disease Control, as of 1/10/22)

Close Contact through proximity and duration of exposure: Someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes). An infected person can spread SARS-CoV-2 starting 2 days before they have any symptoms (for asymptomatic people, 2 days before the positive specimen collection date).

If a dancer or instructor is sent home with symptoms of COVID-19 during class, we will notify the parents of the dancer **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 that we cannot control. If that dancer or instructor later tests positive for COVID-19 and we are made aware, we will also notify all parents of the dancers **in the affected room** of the possibility of exposure (again, not naming that person). 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 and/or Foundation so that we can notify the appropriate contacts (anyone who may have met the definition of exposure).

What to do if you are Exposed/Test Positive/Have Symptoms:

For medical advice, please consult your healthcare provider. You are STRONGLY encouraged to talk with your healthcare provider for activity clearance before sending any dancer who has had COVID-19 back to dance.

Quarantine and Isolation Calculation

If you are exposed to someone with COVID-19, the date of your last exposure with that person is considered DAY 0. If you are asked to quarantine for 5 full days, that means that you can come out of quarantine on the morning of DAY 6. For example, Mary was exposed to someone with COVID-19 on Monday, January 3rd. That is day 0. She will quarantine for 5 full days after day 0 (January 4, 5, 6, 7, and 8). She would be allowed out of quarantine on January 9th. She must wear a mask in public at all times (no eating or drinking with others) until day 11 (after 10 full days of quarantine).

If you have COVID-19, your day "0" is the first day of your symptoms or the day you tested positive if you have no symptoms. If you test positive and then develop symptoms, your day "0" becomes the first day of your symptoms.

Types of Tests

PCR/Molecular testing is the most sensitive and accurate of the tests. The free Wake County sites all use PCR testing with a turn-around of less than 24 hours. This is the type of test we require anytime we are asking you to test to return to the studio.

Antigen/Home/Lateral Flow tests are the "quick tests." These tests are not as sensitive as the PCR and some brands are reportedly not good at picking up the Omicron variant. These tests are best used if you are symptomatic or if you are testing frequently.

UP TO DATE on VACCINES means the following:

For ages 5-11: you have received both doses of the Pfizer vaccine and it has been at least 2 weeks since completing the series.

For ages 12-17: you have received both doses of the Pfizer vaccine and it has been at least 2 weeks since completing the series **AND** you have received your BOOSTER if it has been at least 5 months since the last vaccine.

For ages 18 and up: it has been at least 2 weeks since completing the series of a Pfizer or Moderna Vaccine or the only dose of the J & J vaccine **AND**:

- **Pfizer recipients:** you have received your BOOSTER if it has been at least 5 months since completing your vaccination series.
- **Moderna recipients:** you have received your BOOSTER if it has been at least 5 months since completing your vaccination series.
- **J & J recipients:** you have received your BOOSTER if it has been at least 2 months since receiving your vaccine.

Possible EXPOSURE scenarios:

- **VACCINATED AND EXPOSED:** If you ARE Up To Date with your vaccines and have been EXPOSED to someone who has been diagnosed with COVID-19: you do NOT need to quarantine UNLESS you develop symptoms. However, YOU SHOULD TEST (PCR) on day 5 or 6 (sooner only if you develop symptoms). You must watch for symptoms and **WEAR A Well-Fitted MASK around others for 10 full days after the exposure.** Avoid places where you are unable to wear a mask (restaurants, etc). You should avoid travel if possible. Avoid being around others who are at high risk. **If you develop symptoms, isolate immediately and test.** If you test positive, follow guidelines for what to do if you test positive. **Please contact your primary care provider with questions and please watch for symptoms of COVID-19.**
- **HAVE HAD COVID-19 IN LAST 90 DAYS, FULLY RECOVERED AND EXPOSED AGAIN:** If you HAVE had documented COVID-19 in the past 90 days, have fully recovered and have been EXPOSED to someone who has been diagnosed with COVID-19: you do NOT need to quarantine UNLESS you develop symptoms. You must watch for symptoms and **WEAR A Well-Fitted MASK around others for 10 full days after the exposure.** Avoid places where you are unable to wear a mask (restaurants, etc). You should avoid travel if possible. Avoid being around others who are at high risk. **If you develop symptoms, isolate immediately and test.** If you test positive, follow guidelines for what to do if you test positive. **Please contact your primary care provider with questions and please watch for symptoms of COVID-19.**
- **UNVACCINATED OR NOT UP-TO-DATE WITH VACCINE AND EXPOSED:** If you are NOT Up To Date with your vaccines or are UNvaccinated and have NOT had documented COVID-19 in the past 90 days and have been EXPOSED to someone who has been diagnosed with COVID-19: you should quarantine for 5 full days after your **last day of exposure** with that person. You should wear a well-fitted mask if you must be around others in your home. You should get tested no sooner than day 5 (unless you develop symptoms). **On day 6, you may leave your home and return to the studio IF your test is negative, but you must watch for symptoms and WEAR a well-fitted MASK around others for 10 full days after the exposure.** Avoid places where you are unable to wear a mask (restaurants, etc). You should avoid travel if possible. Avoid being around others who are at high risk. If you develop symptoms, isolate immediately and get tested. **Please contact your primary care provider with questions and please watch for symptoms of COVID-19.**
- **UNVACCINATED OR NOT UP-TO-DATE WITH VACCINE and EXPOSED TO SOMEONE WITH POSSIBLE COVID-19:** If you are NOT Up To Date with your vaccines and have NOT had documented COVID-19 in the past 90 days and have been EXPOSED to someone with SUSPECTED COVID-19: 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 may return to the studio.
- **POSITIVE FOR COVID-19:** If you have symptoms of COVID-19 AND/OR test POSITIVE for COVID-19 or are clinically diagnosed with COVID-19 (regardless of vaccine status or past history of COVID-19): you should isolate at home for 5 full days. You may return to the studio on day 6 only if the following criteria are met: you have not had a fever in the last 24 hours (without the use of fever-reducing medication), your symptoms are improving and **you must be able to WEAR a well-fitted MASK at ALL times until day 10.** Please do not return to the studio if you continue to feel sick. Dancers should not try to "push through this." We do not know the long term effects COVID-19. We are not requiring an antigen (home test) to come out of isolation at this time. If you do perform a home test and it is positive on Day 5, you should continue to isolate until day 10. **Please check with your health care provider for confirmation that your dancer may return to strenuous physical activity.**
- **SYMPTOMS OF COVID-19, BUT NEGATIVE TEST:** If you have symptoms of COVID-19 and tested NEGATIVE with a PCR/Molecular test: 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.

- **SYMPTOMS OF COVID-19, BUT CONFIRMED DIAGNOSIS OF ANOTHER ILLNESS INSTEAD:** If 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 and 24 hours with no fever (without the use of fever reducing medicine).

Please note that the information above is 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 Company members, families, and instructors. **Please contact your healthcare provider if you think you (or any member of your family) have been exposed to or have symptoms of COVID-19 or if you have any other health concerns. This policy does not take the place of advice from your Healthcare Provider!**

Please see this page on the CDC website for further information:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>