

COVID-19 - In-Studio Participation Policies and Procedures

Thank you for working with us through these new and evolving changes. Each of the guidelines is in accordance with local health agencies and the CDC. Please take a minute to read through these guidelines to familiarize yourself and your dancers with our procedures. These recommendations are designed to help keep all members of the Arts Ballet family safe and to ensure the continuity of our program.



GUIDELINES, POLICIES AND PROCEDURES FOR IN-STUDIO PARTICIPATION

CLASS ADJUSTMENTS AT ARTS BALLET ACADEMY

- We have made facility, scheduling, and curricular changes to reduce mixing and mingling in support of social distancing recommendations.
- Classes are arranged utilizing separate studios, entrances, and restrooms that are available at Arts Ballet.
- Classes have staggered arrival and dismissal times whenever possible to allow for student transitions.
- All classes are live streamed from the classroom and may be taken in the studio or online.

FOR THE SAFETY OF ALL

- If a dancer, family, or a teacher has traveled, we ask that he/she follows our *Travel Guidelines* - see addendum.
- If a dancer, family or teacher has participated in a gathering (defined by the Government of Virginia recommendations during the current phase), we ask that he/she will voluntarily self-quarantine and continue classes online for the period following the event. See Quarantine Guidelines below.
- All dancers taking classes online will continue to participate fully and continue their assigned roles. We ask that parents help communicate to their dancer that students' attendance and dedication are treated equivalently whether they are in the studio or online.
- Any student or family with COVID-19, a COVID-19 suspected illness, or known exposure to COVID-19 must notify the studio as soon as possible and must follow the Quarantine Guidelines below before returning to in studio classes. Dancers may continue to participate remotely, and we will work with the family affected on a case by case basis.
- Anyone in the studio who does not willingly follow the social distance guidelines, procedures, and instructions will be asked to leave the studio and continue taking classes online for the safety of all.

ARRIVAL AND PICK UP

- Parents must conduct their own health assessment of their dancer prior to arriving at the studio. This includes taking temperature and discussing all COVID-19 symptoms as listed by the CDC. Dancers should not attend class if experiencing ANY symptoms or if anyone in their family has ANY symptoms.
- Dancers will be given instructions for how and when to enter the building. Details will be given for each class and situation. Dancers may wait in their car outside upon arrival until allowed to enter.
- Dancers need to arrive at the studio in dance clothes. There will be no changing allowed inside. Dancers may wear a cover-up to and from the studio as desired.
- No dance bags will be allowed in the studio other than small pointe shoe bags with pointe supplies or extra shoes needed for class that day. Dancers may only bring dance shoes and a water bottle into the studio.
- The use of restrooms for doing hair, changing, or any dressing room activities is prohibited. Please come ready for dance class.
- All waiting areas are closed. During class time, parents and siblings must wait in their car or return just before dismissal and remain in their car. Drop-off and pick-up of dancers will occur outside with social distancing. Procedures for all young dancer drop-off and pick-up will be shared separately as it pertains to their age and class.

PROTOCOL IN THE STUDIO

- Dancers are required to sanitize their hands upon entering the building, after touching their masks, between barre and center, and after using the restroom.
- Anyone entering the studio must wear a mask. Dancers and staff must provide their own masks; Arts Ballet Academy has disposal masks on sale for \$ 5.00. A dancer without a mask may buy a mask (charged to your account) or choose to go home and take virtual classes instead. Dancers and staff will wear their masks while in the hall, lobby, and bathroom. Dancers may at times pull their mask down to their neck while dancing to make sure they can breathe easily.
- Older dancers might be given an assigned/labeled area for their few items.
- Dancers must maintain their social distance while in the building. However, we understand that unlike older children and adults, young children cannot be expected to maintain social distancing at all times.
- Dancers must bring their own water bottles clearly labeled with his/her name. Do not leave water bottles at the studio.
- There will be no eating in the studio. Dancers should not bring any food or snacks into the building.
- Upon entering the studio, dancers will be directed to stand on a colored X or an assigned spot in a social distance/measured pattern. Drink breaks will be directed by the teacher, and dancers will follow instructions given to ensure proper social distancing is maintained. Class will be planned and conducted with floor guides to help dancers remember their spacing.
- Movement across the room can occur. Dancers will have guides on the floor and will be given instructions on how to maintain distancing.
- Dancers who have a break between classes must continue to social distance. Instructions will be given.

CLEANING PROCEDURES

- Studio floors are being disinfected with a commercial/hospital grade disinfectant following manufacturing guidelines and approved for COVID-19 and viruses.
- We have increased our cleaning frequencies and sanitation procedures on all high touch surfaces such as barres, floors, doors, bathrooms, counters, and stereos.



Arts Ballet Academy COVID-19 Travel and Quarantine Guidelines

As the cases of COVID-19 increase around the country, we ask that all students, their families and teachers who travel or gather in groups follow the Arts Ballet Academy policy before returning to classes at the studio. These recommendations are designed to help keep all members of the Arts Ballet family safe and to ensure the continuity of our program.

Before attending Arts Ballet Academy in-studio classes, we ask that students, family members, and teachers who answer yes to any of the following questions self-isolate upon their return for a period recommended by VDH and or CDC. Please follow the Quarantine Guidelines below.

All dancers taking classes online may continue to participate fully and continue their assigned roles. We ask that parents help communicate to their dancer that students' attendance and dedication are treated equivalently whether they are in the studio or online.

High Risk Scenarios: Please Self-Quarantine before returning to in-studio classes at Arts Ballet Academy. Follow Guidelines Below.

- Has a dancer, family or teacher traveled via airplane (domestic or international)?
- Has a dancer, family or teacher traveled outside the United States?
- Is your level in the Medium Risk, Medium-high Risk, or High Risk level for any category on the CDC *Know Your Travel Risk Chart*? Categories include transportation, lodging, food and camping.
- Has a dancer, family or teacher been to a high-risk area (within or outside of VA)?
- Has a dancer, family or teacher participated in a gathering (defined by the Government of Virginia recommendations during the current phase)?
- Has a dancer, family, or teacher been exposed to a confirmed case of COVID-19 or a COVID-19 suspected illness? Please notify the studio as soon as possible. Dancer must follow quarantine guidelines below.

Quarantine Guidelines:

- **Exposure to someone with COVID-19 or 'Yes' answer to High Risk Scenarios**
 - Optimal - Stay home for 14 days after your last contact with a person who has COVID-19.
 - Or follow these options to reduce quarantine - May return to studio classes
 - After day 10 without testing
 - After day 7 after receiving a negative test result
- **Persons with COVID-19 who have symptoms** and were directed to care for themselves at home may discontinue isolation under the following conditions
 - At least 10 days have passed since symptom onset **and**
 - At least 48 hours have passed since resolution of fever without the use of fever-reducing medications **and**
 - Other symptoms have improved.
- **Persons who tested positive for COVID-19 but had no symptoms**
 - If a dancer continues to have no symptoms, he/she can be with others after 10 days have passed since the date of the positive test.



Know Your Travel Risk

Know Your Travel Risk

Updated Aug. 27, 2020

[Print](#)

Travel increases your chances of getting and spreading COVID-19. Staying home is the best way to protect yourself and others from COVID-19.

- Some travel activities, like staying at guest lodgings, can increase your risk of getting COVID-19. Your chances of exposure are higher if you come into close contact with others, especially people you don't know, or use shared public facilities (like restrooms or picnic areas).
- Doing things and spending time with people you live with is less risky than doing things and spending time with people not from your household.
- COVID-19 is spreading in the [United States](#). Visiting parts of the country where there are fewer cases of COVID-19 may be less risky than visiting parts of the country where there are more cases of COVID-19.

	Lowest Risk	Lower Risk	Medium Risk	Medium-high risk	High risk
Transportation	<ul style="list-style-type: none"> • Short trips by car with no stops along the way • Household members only 	<ul style="list-style-type: none"> • Longer trips by car with 1 or more stops along the way • Household members only 	<ul style="list-style-type: none"> • Public transportation (e.g., train or bus) • Flights* • Traveling with people not from your household 	Flights*	<ul style="list-style-type: none"> • Flights with layovers* • Traveling on a cruise ship or river boat

* Air travel requires spending time in security lines and airport terminals, which can bring you in close contact with other people and frequently touched surfaces. Most viruses and other germs do not spread easily on flights because of how air circulates and is filtered on airplanes. However, social distancing is difficult on crowded flights, and sitting within 6 feet of others, sometimes for hours, may increase your risk of getting COVID-19. Factors that may increase risk of air travel include flight duration and whether others onboard are wearing masks.

	Lowest Risk	Lower Risk	Medium Risk	Medium-high risk	High risk
Lodgings	A house or cabin with people from your household (e.g., vacation rentals)	Hotels or multi-unit guest lodgings with people from your household**	Staying at a family member's or friend's home**	Shared spaces with some people outside your household, (e.g., shared hotel rooms with family outside of your household or hostels with friends)	Shared spaces with many people outside your household (e.g., dormitory-style hostels)

** Based on individual circumstances and risk assessments (staying at a family member's or friend's home may be less risky than staying at a hotel or multi-unit guest lodging with people from your household)

	Lowest Risk	Lower Risk	Medium Risk	Medium-high risk	High risk
Food	Bring your own food and drinks	Use drive-thru, delivery, take-out, and curbside pick-up options	<ul style="list-style-type: none"> • Eat outside at a restaurant with social distancing • Servers and restaurant staff wear masks 	<ul style="list-style-type: none"> • Eat inside at a restaurant with social distancing • Servers and restaurant staff wear masks 	<ul style="list-style-type: none"> • Eat inside at a restaurant with little social distancing • Servers and restaurant staff do not wear masks
Camping	Camping with people from your household only and not sharing bathroom facilities with individuals outside of your household	Camping in separate tents or cabins with shared facilities where distancing >6 feet is possible	Camping in separate tents or cabins with shared facilities that are crowded	Sharing tents or cabins and facilities with persons outside of your household	Camping in large dormitory-style settings with persons outside of your household