

Gotta Dance
Covid 19 Policies and Procedures
(updated 12/12/2020)

Please Take Note:

- ***Gotta Dance*** is operating at 40% capacity as outlined in Step 1 of Phase 3 of the Commonwealth of MA's reopening plan (20 people in the studio spaces at one time – maximum of 6 dancers/1 Instructor in Studio A and 12 dancers/1 Instructor in Studio B).
- Dancers should arrive at the studio dressed and ready to dance. There is no changing allowed anywhere in the facility.
- If you arrive prior to class time, please wait in your car to avoid crowding outside. Dancers and parents will not be able to wait in the waiting area before class.
- Classes may be shortened to allow for time in-between classes for social distancing and sanitizing.
- The waiting area and restrooms will be monitored to ensure social distancing during class transitions and exits.
- The "lost and found" has been removed. Anything left at the studio at the end of the day will be thrown away.
- Dancers who have a break in-between classes will need to wait in their car.
- The vending machine is not available for snacks and the water fountain is not available for drinking, so dancers should bring their own water bottle labeled with their first and last names and have a snack in their car if needed.
- No dance shoes are available to borrow or use for class, so please be sure your dance bag is packed appropriately.
- Dancers, teachers, and parents will wear masks at all times in the waiting area.

Things dancers should bring to dance class:

- Reusable water bottle (with full name written on the bottle)
- Dance bag tagged with the dancer's full name and emergency contact name and number
- Personal hand sanitizer
- Towel
- Mask

Drop off & Pick up:

- Dancers should wait in their cars until their teacher comes to the front door to welcome them into class.
- All dancers will be picked up from the main entrance and escorted out from the main entrance by their teacher.
- The waiting area is closed to anyone other than teachers and dancers during afternoon classes. Parents of dancers under age 5 may stay in the waiting area observing social distancing for classes before 3:00 pm.
- Parents/Guardians of dancers between the ages of 4 and 8 are encouraged to wait in their cars in the parking lot in case their dancer has any issues.
- Anyone entering the studio MUST wear a mask (except students 2 years or younger).

During class:

- All teachers and dancers must sanitize hands upon entry to the studio space.
- All dancers age 3 and up must wear a mask at all times even while actively dancing. For classes 45 minutes or longer, we will offer "breaks" where dancers may take their mask down for a drink of water.
- Teachers will be masked at all times.
- Upon entering the studio space, dancers will be directed to a 6 x 6 dance "home" with their dance bag and water on the designated spot in the corner of the "home". Dancers must stay inside their dance home during the entire class.
- Only one dancer at a time will be permitted to go to the restroom at a time.
- Dancers must wash hands or sanitize after every change of shoes.
- Class formats will be modified to remove any activity that would require contact between students. Lesson plans will be altered to avoid extreme physical exertion – focus on stretching and core strength rather than cardio.
- Teachers will have no physical contact with dancers, corrections will only be given verbally.
- Any dancer who cannot follow the physical distancing guidelines may be asked to leave the class.

Health Screening:

- Parents are expected to screen their own dancers for Covid 19 or other transmissible disease symptoms.
- Anyone with a cough, difficulty breathing, head lice or fever greater than 100 should NOT come to class.
- Anyone who has been in contact with a person who has tested positive for Covid 19 in the last 10 days may not enter the studio spaces.

Protecting our students and staff:

- HVAC will be turned on in each studio to assist with air circulation. An air purifier has been installed in Studio A.
- The entire facility will be deep-cleaned and sanitized once each week.
- Staff will disinfect all equipment, touch surfaces and entry points before and after each class.
- Props and mats, if used, will be cleaned after each class.

When to stay at home:

- We are following the Chelmsford Public Schools Covid 19 Health and Safety Protocols and if a dancer tests positive for Covid 19, they must remain out of the studio for a minimum of 10 days, been fever free for 24 hours (without taking fever-reducing medications like Ibuprofen, Advil or Tylenol); and experienced improvement in other symptoms (for example, their cough has improved); and received clearance from public health authority contact tracers (the local Board of Health). Repeat testing prior to return to the studio is not needed. If a dancer is identified as a close contact, they must quarantine at home and not return to the studio for a minimum of 10 days regardless of their test result as long as the dancer has not had or develops Covid 19 symptoms.
- Anyone uncomfortable with sending their child to the studio for any reason at this time.
- Anyone with a dancer or family member that feels ill or has a fever.
- Anyone living with an immunocompromised family member.
- Anyone living or interacting with elderly people on a regular basis.
- Anyone that has been exposed to someone that has tested positive for Covid 19.