

# CityDance COVID-19 Health & Safety Plan

## Policy and Protocols for Little Movers Program

This **COVID-19 Health Safety Plan** has been adopted in accordance with federal, state, and local government regulations.

It is our responsibility and goal to maintain a safe program environment and adopt policies to protect the health and safety of our students and staff while ensuring the highest level of continuity in the delivery of our programs and services during this pandemic. We ask all Students to follow the policies contained in this document to reduce the transmission of COVID-19. **Please note, due to the rapidly developing changes of the COVID-19 pandemic, these policies are subject to change at any time.**

We have revised our health safety policies and protocols for all visitors to our CityDance studio locations. **In alignment with CityDance policies and guidance from the CDC, all students and accompanying adults reporting to our studios will be required to:**

- **Wear a face covering or face mask at all times while in the building.**
- **Answer a Daily Health Screening Form to detect signs of COVID-19 symptoms and exposure and for contact tracing records.**
- Consent to a temperature check upon entering the building.
- Take a **COVID-19 PCR test** prior to attending classes or submit proof of vaccination in order to enter the building.
- All unvaccinated Little Mover students must take a **monthly COVID-19 PCR test and submit negative results** following the schedule outlined below throughout the school year.
- All vaccinated Little Mover students must take a **bi-monthly COVID-19 PCR test and submit negative results** following the schedule outlined below throughout the school year.

### DAILY HEALTH SCREENING FORM

All students and accompanying adults must complete this [Daily Health Screening Form](#) by 8am each day prior to class. Each student is allowed one adult to accompany them into the building.

### STUDENT COVID-19 TESTING & VACCINATION STATUS PROTOCOL

All students who are **vaccine eligible** (ages 5 years and older) are strongly **encouraged to be fully vaccinated**. If vaccinated, please submit proof of COVID-19 vaccination via this [Vaccination Form](#). Students are considered fully vaccinated two weeks after their second dose.

### Fully Vaccinated Students

Students with full vaccination status will also be required to take a COVID-19 PCR test within one week prior to the start of classes, and bi-monthly. Please **submit via this [COVID-19 Test Submission Form](#) no later than 5pm on the dates listed below:**

*No more test submissions for fully vaccinated students.*

### Unvaccinated Students

Students who are unvaccinated are **required to take a monthly COVID-19 PCR test and submit via this [COVID-19 Test Submission Form](#).**

Unvaccinated students who are performing in the Little Mover Recital on June 11 or 12 are required to submit a PCR OR Antigen COVID test result following the schedule below.

A PCR test may be taken within the testing week OR you may submit an Antigen test that has been taken on June 8.

Testing Window for PCR	Submission Deadline
June 1 - June 7, 2022	Wednesday, June 8, 2022 by 5pm

Testing Window for Antigen	Submission Deadline
Take on June 8, 2022	Wednesday, June 8, 2022 by 5pm

*If your child is performing in the Strathmore Concert Hall on May 28 & 29, you must submit a PCR test.*

Students who have opted-in for weekly testing at their academic school are exempt from providing the monthly tests so long as they have provided CityDance with proof. Please submit appropriate documentation (i.e. a letter or confirmation from the school) to [colleen@citydance.net](mailto:colleen@citydance.net). *However, all students, regardless of vaccination status or weekly testings will need to provide a PCR test after Winter & Spring break.*

### Accompanying Adults

All accompanying adults who are eligible and have achieved full vaccination status (i.e., 2 weeks after receiving the 2nd dose of Moderna/Pfizer or 1st dose of J&J) **are strongly encouraged to submit proof of COVID-19 vaccination in order to enter the building via this [Vaccination Form](#)**. This form should be submitted as far in advance as possible to ensure a smooth arrival to class.

Accompanying adults who have not yet achieved full vaccination status or have not submitted proof of vaccination, **are required to take a weekly COVID-19 PCR test and submit results via this [COVID-19 Test Submission Form](#) each week** no later than 5pm every Sunday in order to enter the building.

No person aged 5 and up will be allowed to enter the building without submitting proof of vaccination or a recent (within 1 week prior to class) negative COVID-19 PCR test.

### ARRIVAL PROCEDURES

- Students should arrive no more than 15 minutes prior to the start of class.
- A parent or guardian must accompany students into the building to complete the check-in and health screening.
- Only students participating in classes and one parent or guardian per child are allowed to enter the building.
- Students and adults who have traveled internationally in the prior 7 days and are not fully vaccinated will NOT be allowed to enter the building.
- Temperature checks and health screenings will take place prior to entry. No student or adult may enter the building if they have a high temperature (above 100.4 degrees).
- Health screenings will be conducted for all students and adults for symptoms consistent with CDC guidance. Symptomatic individuals will be isolated until able to leave the premises.
- All persons will be required to provide names, and contact information, and record time of arrival and departure. **All Visitor records will be saved for a minimum of 30 days.**
- Masks will be worn by all persons entering the building in keeping with the most current CDC and government guidelines. **Students are required to provide their own face masks.**

- No student or adult should attend class if experiencing COVID-19 symptoms or have had possible exposure.
- Students are encouraged to only bring necessary items from home.
- Students are required to dress in class uniform under regular garments prior to arriving.
- Students are required to bring their own water.
- Students are required to wear shoes or socks in ALL genres of dance.

### **IN-STUDIO PROTOCOLS**

- Only students participating in class will be allowed to enter the studios. Parents or guardians will not be allowed in the studios (with exception of observation days).
- Masks will be worn by all individuals in the building, at all times, in keeping with the most current CDC and government guidelines.
- Students must keep their belongings in the studio at all times, unless using the restroom or when entering and exiting the building.
- Students must always wash their hands before and after class.
- To the extent possible, students must maintain 3 feet of physical distance between persons during instruction.
- Frequent sanitation of all shared equipment after each use by individuals and cohorts.
- Students will be assigned individual placements at the barre.

### **DEPARTURE PROCEDURES**

- Students and adults must exit the building immediately at the end of class.
- All students must be picked up by a parent or guardian.
- Students and adults are only authorized to be in the studio to attend classes.

### **MANAGING & COMMUNICATING EVENTS OF ILLNESS**

In the event a CityDance Staff member or Student develops any of the symptoms of COVID-19 while present in the building, they will be isolated until they can safely leave the premises.

In the event that a Staff member or Student who has been present in the building tests positive for COVID-19, that information will be reported to the appropriate local health and government authorities. Classes will be immediately canceled for a minimum of 24 hours to allow for thorough disinfection, as well as information gathering. CityDance will then follow any government or public health recommendations with respect to re-opening or suspending its operations.

CityDance, in compliance with local health authority requirements, will identify all persons who have had **direct** contact with any individual who has tested positive for COVID-19. Those individuals will be immediately notified.

All CityDance staff and families will be informed by email in the event of **any** positive test of a person who has been present in the building, although the name will be withheld for privacy purposes.

### HEALTH AND HYGIENE GUIDELINES

Parents and students should check for [signs of illness](#) each morning. If your dancer is feeling sick or showing cold symptoms, have them take an antigen test for exposure to COVID-19. PCR test is preferred. Individuals with a fever of 103 degrees or above cannot attend class. They may return after two days without fever.

**Hand Washing:** Students are expected to practice proper hand hygiene at all times. Recommendations include washing hands with soap and water for 20 seconds. This is the best method for killing pathogens. Hand sanitizer containing at least 60% alcohol is the most effective method for killing pathogens when soap and water are not readily available. It's especially important to wash hands:

- Before eating or preparing food.
- Before touching your face.
- After using the restroom.
- After leaving a public place.
- After blowing your nose, coughing, or sneezing.
- After handling your mask.
- After caring for someone sick.
- After touching animals or pets.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

**Masks:** N95, KN95, KF94, and 3-ply surgical masks will offer superior protection compared to cloth masks. If you can't find an N95, KN95 or KF94, then a good-quality disposable mask under a cloth mask is a reasonable alternative, as long as the fit on the face, nose and mouth is tight. Here is a great [article](#) that shows where to buy N95s, KN95s, and Surgical-Style Masks in 2022.

Students should have multiple masks, and should wash reusable masks daily. We highly recommend that students wear a N95, KN95, KF94, or a 3-ply surgical mask. Choose masks that:

- Fit snugly but comfortably against the side of the face.
- Completely cover the nose and mouth.
- Are secured with ties or ear loops.
- Include multiple layers of fabric.
- Allow for breathing without restriction.
- Can be washed and machine dried without damage or change to shape.

## TESTING POSITIVE

**Regardless of Vaccination Status:** If your dancer tests positive for COVID-19, they must stay home for 5 days after their test date.

They may return to dance (fully masked) on day 6, if they are fever-free for 24 hours (without the use of fever-reducing medication) and symptoms are improving. We do not suggest getting a PCR test as you may test positive for up to 90 days. Please submit your dancer's positive test result for our records.

If your dancer got very sick from COVID-19 or has a weakened immune system, they stay home for at least 10 days and consult their doctor.

## CLOSE CONTACT

**Regardless of Vaccination Status:** Dancer may not come to class if they have had close contact with someone who has tested positive for COVID-19. To return to dance, your dancer must get a PCR test 3 days after exposure OR you may wait 10 days to return to dance, if no symptoms have presented themselves.

Close Contact is considered unmasked contact with an infected individual that is less than 6 feet away 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.

**CityDance recommends wearing N95, KN95, KF94 or double masks.**

**We are closely assessing the COVID-19 indicators on a weekly basis and tailoring our responses to our new reality per CDC guidelines and our Medical Advisors.**