

# DANCE ABERDEEN INC

## COVID PLAN AND PROCEDURES

NOTE: Dance Aberdeen Inc. will continue to follow the guidelines set out by the Saskatchewan Health Authority. In the event that there are significant changes to this protocol/procedure. Updates will be available.

**\*\*\*MASKS ARE MANDATORY  
TO BE WORN INTO THE ARC  
AND IN THE STUDIO AT ALL  
TIMES \*\*\***

LAST REVISION: February 11, 2021

# Classroom Management & Function

## Prior to Class:

### 1. Attire / Grooming – “Come Dance Ready”

- a. Students **MUST** arrive dressed in dance clothes to eliminate changing on site. This reduces the risk of contamination.
- b. Medium to long hair should be put into a braided ponytail, French Braid(s) OR a bun before entering the building. It is recommended to avoid having hair moving around in the air as well as students playing with their hair.
- c. Masks are to be worn by all dancers both inside the studio and in the ARC

### 2. Bags/Outerwear

- a. Students with more than one set of shoes should place all dance shoes in a dance bag/backpack and hang on the designated hooks in the studio or place under the benches. Jackets/outdoor clothing shall also be required to be hung on the designated hooks within the studio . NOTE: each hook shall ONLY be used by ONE dancer, no hanging of clothing/bags by multiple dancers on one hook
- c. Students shall leave and enter the studio in a single file line when directed to by the Instructor.

### 3. Temperature Checks

- a. a non-contact (laser) thermometer will be used to check students when necessary
- b. In the event that temperatures are taken, Students will not be allowed into class in the event that they are exhibiting above average temperatures >37.5

# **General Studio Information**

## **HEALTH AND SAFETY SIGNS**

Signs – Signage will be posted and will be clear and give direction as to what is expected EVERY step of the way.

- a. Signs such as: DON'T TOUCH FACE, WASH HANDS and PHYSICAL DISTANCING throughout the studio.
- b. ARC Protocol must also be followed by participants and families

## **STUDIO HALLWAY AND REC COMPLEX ENTER AND EXIT**

- Dancers are to wait in their car until it is closer to the time to go into the studio/complex MAXIMUM of 10 minutes ahead of time is the goal.
- When dancers enter/exit building, enter/line up 6 feet apart, and wear masks. Hallway is marked outside the studio for where students shall stand
- It is encouraged that parents, when possible, do not “hang around” inside the complex, to reduce population pressure within the building
- If parents stay within the building during class time, it is mandatory that they and their siblings wear masks and social distance from others
- Parents and students are to follow Rec Complex Covid Plans put into place
- Students shall wait in designated areas prior to entering for class.
- Door to the storage room shall be limited.
- Unnecessary items/furniture/books/etc shall be removed to ensure opportunity for more space for physical distancing.

## **CELL PHONE USAGE**

- CELL PHONE USAGE IS NOT ALLOWED DURING CLASS. CELL PHONES SHALL STAY WITHIN THE DANCERS BAGS.
- In the event of an emergency, there will be a messenger page set up specific for the teachers to access. Parents will be expected to utilize that

## **SCHEDULING**

- The last 5-10 minutes of class shall be used for students to leave the studio and the teacher to disinfect common surfaces. Class sizes for the studio are small(7 or less) so 5-10 minutes will be an adequate cleaning interval.
- Scheduling shall be done as much as possible to have the same groups in a row to reduce the sanitation and exposure of dancers in and out of the facility

## **HEALTH AND HYGIENE**

- Employees shall not report to work if they are exhibiting any COVID-19 symptoms or under quarantine.
- Students shall not attend class if they are exhibiting any COVID-19 symptoms or under quarantine.
- Both employees and students shall be reminded to follow protocols to maintain properly sanitized surroundings as well as their selves (washing hands, coughing into elbow, no sharing, etc.).
- Hand alcohol station shall be set up at the door. ALL STUDENTS/TEACHERS/PARENTS shall use the sanitizer prior to entering the class

## **FOOD**

- Students are NOT allowed to bring Food into the dance studio and are NOT allowed to Eat in the Studio until further notice

### **Water:**

- Students MUST bring their own water bottles from home.

- NO SHARING OF WATER BOTTLES WILL BE PERMITTED

- Water coolers / water bottle filling station is available ONLY to those that have more than 1 class in a row and older students. Water Cooler shall be located in the back storage area and cooler must be wiped down in between uses. Wipes/disinfection will be placed on the top of the cooler for use.

# Physical Function of Studio During Class:

Studio classroom doors should remain open during classes – after a short period of time, the virus spreads more easily in an enclosed space (anything over 15 minutes). Unless air purifier/AC units are being used to move air in and out of the studio

## Physical Distancing Examples:

### Mirrors:

- Painters tape shall be placed on the floor in front of the mirrors. Pink squares ensure students are a minimum of 3 m apart. Blue squares indicate a minimum of 2 m apart. Current guidelines as of Dec 1 indicate that 3 m is mandatory. If using the blue squares each student MUST have a minimum of 2 squares front and back.
- Students are to not touch the mirrors during class to prevent spread of the virus
- Students shall stand and watch, no leaning on walls/mirrors, when required

### Barre work (Suggestions) –

- Ensure Physical Distancing in place when utilizing the bars. Signs will be posted throughout the studio to remind students and instructors
- Take turns at the barre, sanitizing after each student switches. If you alternate using the barre weekly: (i.e. on Week 1 students ABCDE on the barre with students FGHIJ doing barre work in centre. Week 2, the groups switch places), you would only have to sanitize the barre after all barre work is completed for that class.
- Eliminate barre work and do all centre barre or floor barre
- Chairs are available for more of a portable barre, but must be sanitized in between uses.

### Acro

- Each student should have their own space on the mat, or their own mat. Sanitize mats after use.
- Limit partner work, return to foundations that don't require spotting (strength, balance, flexibility, etc.)

**Props** – No props should be used from the studio at this current time, unless that prop is used by a singular student and disinfected before and after use

### How to cool down the studio

- Air purifiers, outside ventilating air conditioners or furnace fans are acceptable but not fans which just blow air around (potential to spread virus.) Windows can be and are encouraged to remain opened.
- Practice no-contact teaching as much as possible to maintain physical distancing. Utilize verbal cues, videos, etc. in place of physical contact.

**Please Note:** at this time, singing in any class is not allowed by SHA. This will be checked on a regular basis to note changes for the song and Dance classes shall be wearing a mask when singing.

# CLEANING AND DISINFECTING

- Cleaning products remove dirt, dust and oils, but don't always kill germs.
- Disinfectants are applied after cleaning to destroy germs.
- Cleaning is required prior to disinfection to remove soil and ensure the effectiveness of disinfection (unless otherwise indicated by the manufacturer).
- Common disinfectants include bleach solutions, quaternary ammonium (QUAT), alcohol (70%) and peroxide. Vinegar, tea tree oil solutions, etc. are not proven to be effective disinfectants.

## FOGGING:

- Dance Aberdeen Utilizes a Disinfectant for Virus called VITAL OXIDE following manufactures recommendations
- Disinfectant is applied via a Back Pack Fogger purchased from SKYVIEW CLEANING in Saskatoon
- The entire Dance Floor and entrance are fogged between every class that has a change in students. For example. Tap Red has a student that is NOT in Hip Hop Red and Hip Hop Red follows tap red. A 5 minute cleaning window is in place and the fogger is utilized.
- Studio is again disinfected at the end of every day using the fogger
- This process is also used in between solos/duets/trios and make up classes outside of regularly scheduled classes

**A deep cleaning of the studio is completed a minimum of 1/week where all surfaces(door knobs, windows, mirrors, floors etc are sept, dusted, wash, disinfected, etc. On top of the fogging and general cleaning. Studio is again fogged after the deep cleaning, prior to the dance beginning.**

## HANDWASHING

- a. Frequent hand washing is recommended upon arrival and after each class (EVERYONE!). Make sure the hands are well dried as well. SHA suggests having someone confirming all students wash hands after using the washroom. Posters will be placed as a reminder in washrooms and on door to the studio
- b. The most important factor after using soap and water is to thoroughly dry hands - paper towels are provided in the washrooms
- c. Proper handwashing with soap and water is 20 times more effective than hand sanitizer.
- e. Hand sanitizer shall be placed at the door AND on the instructors desk. ALL students are required to use the hand sanitizer. It is suggested to use unscented baby wipes for young children if parents do not wish their child to use the hand sanitizer. They must provide wipes for their students
- f. Teachers/Faculty/students shall NOT share hand lotion, each should have their own.

# **CLEANING PROTOCOL**

## **BETWEEN CLASSES AND THE END OF THE DAY**

- Disinfect Barres – if utilized
- Disinfect Floors (if bare skin contact has been made or fluids/sweat dispersed) (end of day)
- Disinfect dance mats – if utilized – done by students
- Disinfect door handles/light switches/commonly used surfaces
- Disinfect Stereo equipment – ONLY AT THE END OF THE DAY
- Lined no-touch waste baskets – shall be removed weekly
- Water cooler shall be sanitized between EACH USE
- Benches shall be sprayed down with disinfection between class changes of differing levels/colors. Not required for classes in continuum
- Clothes hangers/wall to be sprayed with disinfectant

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## **WASHROOMS**

- Washrooms shall be cleaned and maintained as per ARC protocol.
- Shall not be used as a changeroom
- Only one dancer allowed to go the washroom at a time from class

## **WEEKLY CLEANING:**

A full cleaning, by trained and specified parents, of the dance room is done on a weekly basis. These parents shall have access to the required duties and includes but not limited to the following:

1. All mirrors shall be wiped and cleaned using windex
2. Windows are wiped and cleaned using windex
3. Mats are to be washed and sprayed with disinfection(Vital Oxide or Lysol) Mats are to be fogged as well.
4. Benches and waiting area to be washed and disinfected
5. Clothes hanging area to be disinfected
6. Floors to be sprayed with disinfectant, then swept, then washed and disinfected again
7. Barres are to be washed and disinfected
8. Walls are to be sprayed with disinfectant
9. Teacher table/chair/stereo equipment to be washed and disinfected

## **CLEANERS AND DISINFECTANTS:**

1. Mirrors and windows are to be cleaned with Windex
2. Washing can include (but not limited to) the following general household cleaners:
  - a. Lysol, Mr. Clean, pine sol, etc
3. Disinfectant shall be mixed according to label instructions and shall be used in a sprayer and will be a no rinse disinfectant/sanitizer. Vital Oxide purchased from SKYVIEW Cleaning in Saskatoon

# **Preventative Measures/PPE/Worker Health**

## **MASKS**

### **Teacher Masks MANDATORY AS OF NOVEMBER 26, 2020**

- face masks **must** be worn as of November 26, 2020
- face masks can either be cloth or disposable
- face masks must be cleaned/thrown away after use and not reused
- face masks are to be worn OVER THE MOUTH AND NOSE

### **Student masks:**

- face masks **must** be worn as of November 26, 2020
- face masks can either be cloth or disposable
- face masks must be cleaned/thrown away after use and not reused
- face masks are to be worn OVER THE MOUTH AND NOSE
- face masks are not provided, students are expected to bring their own. However, in the event of breakage/dirty masks, disposable are available if required

### **Gloves:**

- The use of gloves is NOT recommended.

### **Clothing:**

- Staff may consider bringing a change of clothes to change into before leaving. It is also suggested to shower and wash teaching attire immediately after you get home.
  - Recommended for dancers to also shower immediately upon returning home



## **SIGNS OF ILLNESS**

**IN THE EVENT THAT SOMEONE IN A RELATIONSHIP WITH THE STUDIO(Teacher/Student/Immediate residence(Parent/sibling etc) HAS BEEN DIAGNOSED WITH OR EXPOSED TO COVID-19. THEY ARE NOT ALLOWED TO COME TO THE STUDIO UNTIL SHA HAS DEEMED IT FIT TO DO SO VIA GUIDELINES/QUARANTINE/TESTING ETC.**

### **Students/Parents:**

- No coming to the studio if the dancer or anyone at home is sick until everyone has shown no symptoms and/or completed a 14-day quarantine.
- Dancers are NOT allowed to attend class and watch. Zoom/video online learning IS AN OPTION and is AVAILABLE FOR EVERY CLASS
- No coming to the studio if the student, anyone from the students residence have been out of the country or have friends visiting from out of the country until after a 14 day quarantine period is completed

### **Teachers:**

- No coming to the studio if the teacher or anyone at home is sick until everyone has shown no symptoms and/or completed a 14-day quarantine.
- No coming to the studio if the teacher, anyone from the teacher's residence have been out of the country or have friends visiting from out of the country until after a 14 day quarantine period is completed
- Teacher could teach via zoom if they are feeling ill, but well enough to teach.

**\*\*\*In the event that someone in a relationship with the studio is diagnosed with or exposed to COVID, SHA will handle all information processing to ensure confidentiality.\*\*\***