



*We are very proud of the partnership that has existed between dance families and Studio D in many ways, and especially when it comes to communication about Covid. We updated our policies to reflect the current CDC guidelines as well as local school district protocol. **Changes below are in purple text.***

*We would like to thank you for your continued vigilance in keeping our dance community safe and healthy as we look forward to another spectacular year ahead!*

**Current Protocols and Guidelines for the 2021/2022 Dance Year  
January 2022**

The health and safety of our students, staff, and faculty have been, and continue to be the highest priority, as is continuing protocols that allow for inclusion and access for all Studio D students to resume dance instruction in our studios. In creating the guidelines for reopening, we relied on the most recent guidelines from the CDC State of CT, sources that have established protocols for opening dance studios during COVID 19, and institutional knowledge and experience. We are requiring all students and families to adhere to these strict health and safety protocols. We will ask that you sign that you have read and will comply with these and/or amended Protocols and Guidelines during the 2021/2022 dance season.

**ALL GUIDELINES AND REQUIREMENTS FOR IN-PERSON INSTRUCTION ARE SUBJECT TO CHANGE. ALL UPDATES/CHANGES WILL BE ANNOUNCED THROUGH EMAIL COMMUNICATION.**

Occupancy in the dance classes will be limited to 14 dancers in the Main studio, 11 dancers in the Annex, 8 in the Tap Room, and 8 in the New Studio. MASKS for all dance classes will be REQUIRED.

### **Arrival at Studio D**

#### **Drop off**

- Drop off at Studio D will be through the Front Door (Main Street Entrance only).
- Temperature check will be taken at the front entrance, halfway down the hallway. If your child's temperature is above normal, we will text you and ask you to come back to pick up your child.
- Only one adult is permitted to enter the building with each dancer.
- Common areas (hallway at Studio D) will remain open to 8 people totals at one time. The studio lobby will be available for dancers only, not open to family members.
- If a dancer or family member is sick, we ask that you remain at home.
- Students should arrive ready to dance. (If a student is coming directly from school and will need to change before dance, we will have one changing area for changing.)
- Students will use hand sanitizer prior to entering the dance studio.
- Students are encouraged to use hand sanitizer upon exiting each dance class.

#### **While at Studio D**

- For the time being, until CDC guidelines change, masks will be required: Surgical face masks permit greatest air flow during exercise; however, plain cloth masks are also acceptable. Dance teachers will provide short "mask breaks" and water breaks during class. (Dancers may need to bring more than one mask, especially if taking multiple classes.)
- Bring only what is required for class (dance shoes, dance attire, water)
- No food is permitted.
- If students need to take a snack break, they should plan to go to one of the local food establishments or to picnic on the green.
- No extra items or large bags in the studio. They may be stored in the waiting room cubbies or in the hallway; however, nothing valuable should be left in the hallway.
- No bare feet will be permitted. Dancers in Modern, Contemporary, Modern/Tumble and Choreography/Acro classes should wear soft ballet shoes, jazz shoes, clean socks, or clean socks with grippers.

- Dance shoes may not be worn outside and must be worn only in the dance studio. Parents/dancers should sanitize the bottoms of dance shoes between visits to Studio D.

### **Pick-Up/Exit Studio D**

- Dancers will continue to wear masks until he/she has exited the building.
- Dancer will exit through the Main Street or the Bank Street Exit.
- Parent/Guardian/Drivers may call 860-350-2900 to have their dancer escorted from the building by a front desk staff member.
- Dancers should thoroughly wash hands when exiting or upon arrival home from dance class.

### **Health Checklist**

#### **Screening at Studio D**

- Temperature: If 100F or higher, a dancer may not enter. Parents who drive their dancers must wait until communication that your student may enter the building before leaving the drop off area.
- Use hand sanitizer (upon entering studio and after each class)
- Wear face mask (to enter)

#### **If your dancer tests positive for Covid:**

- If a dancer was asymptomatic but tested positive and possibly exposed other dancers while at Studio D, please call the studio at 860-350-2900 as soon as possible so we can alert those classes he/she attended. We will not release the name of the dancer.
- Counting from the day after a positive test, he/she should test 5 days later.
- If on that 5th day, the dancer tests negative, he/she may return to dance.

#### **If your dancer has been directly exposed to someone with Covid:**

- If he/she is vaccinated and has no symptoms, the dancer does not have to be quarantined.
- If he/she is unvaccinated and has no symptoms, the dancer should quarantine and can test after 5 days.
- If he/she is vaccinated with symptoms, the dancer should quarantine and test after 5 days.

### **Health Questions to ask your dancer before coming to dance class.**

*If a dancer answers yes to any of the questions below, there is a possibility that your dancer has Covid. There will be a required 5 day restriction from attending studio classes, and he/she may return if he/she tests negative for Covid.*

Has the dancer experienced any of the following?

1. Fever or chills
2. Cough
3. Shortness of breath or difficulty breathing
4. Fatigue
5. Muscle or body aches
6. Headache
7. New loss of taste or smell
8. Sore throat
9. Congestion or runny nose
10. Nausea or vomiting
11. Diarrhea

### **Professional Cleaning and Sanitization**

- The studio floors will be sanitized at the end of each night and steamed at the end of each week. A professional cleaning company will be sanitizing the studios weekly.
- Five minutes between classes will be spent to disinfect common areas and permit the passage of students into/out of class
- When using shared surfaces in the studio (ie. Stereo, barres, etc), everyone must sanitize or wash hands before and after contact.
- There will be a sanitation station upon entering the building and in each studio.
- The bathrooms and hallway areas will be professionally cleaned twice each week.

### **Studio Protocols and Guidelines for Classes to Resume at Studio D**

- Please bring your own water bottles to class--water will be provided, but cups will not be provided.
- We will not be offering a snack cart for the upcoming season.
- Studio doors and windows to outside should remain open when possible to increase ventilation.
- Our central air system is equipped with HEPA air filters

- Hand sanitizer stations should be installed at the entrance/exit and inside studios.
- Waiting room will be closed off to visitors.
- Payments may be made at the main desk or by phone or Venmo.
- Floor markings may be installed to establish and maintain social distancing.
- All students, teachers, and staff will wear face masks at all times.
- There will be a few face masks available to those who arrive without one; however dancers should arrive with their own masks.
- Dancers who refuse to wear masks will be escorted out of the building or a parent will be called to come to get their dancer.
- Surfaces including door handles, light switches and all studio surfaces, will be cleaned and sanitized daily.
- Students, administrators and faculty will be asked to assist with sanitizing surfaces.
- Instructors will make corrections verbally and not by touch to ensure social distancing.
- Dynamic exercises that result in deep, heavy breathing will be shortened and minimized.
- No sharing of equipment or personal.
- Students should consult with their personal physicians to ensure they may safely participate in dance classes at this time.
- Students must exit the building to remove masks except during in class “mask breaks”.

### **Vaccination Requirements**

Although we highly encourage all students, teachers, and faculty who are able to do so, to be vaccinated, we recognize that this is a personal choice and therefore, it is not a requirement at Studio D.