



THE
CONSERVATORY
OF MOVEMENT
ROYAL ACADEMY OF DANCE

DANCING DURING COVID HANDBOOK

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INTRODUCTION

The Conservatory of Movement is dedicated to maintaining as safe a space to dance in as possible and it will take everyone's best efforts to ensure these high standards are reached. Please take the time to review this document carefully and to go over safety protocols with your dancer prior to the first class. In addition to Washoe County Guidelines, we will be using the best practices for safely reopening and returning to dance suggested by Dance USA's Task Force on Dancer Health:

Return to Dancing and Training Considerations Due to-COVID-19

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https://dance-usa.s3.amazonaws.com/page_uploads/COVID%20-%20RETURN%20TO%20DANCE%20-%20MAY%202020%20-%20PDF.pdf

We would like to reassure dancers and parents that we are aware of the limitations due to dancing with a mask. Barre work already lends itself well to the needs of this time: it is stationary, methodical, and focuses on strength, flexibility, placement and technique. This means that largely aerobic and dynamic movements are limited. The instructors at the Conservatory take dancer health and safety very seriously and it is our top priority to maintain our high standards of ballet technique while recognizing the many benefits ballet offers, including mental and physical health. Please refer to the "Considerations for Dancers Wearing Masks" section found on page 3.

Using the 6-foot social distancing guidelines, we are limiting Studio A to 12 dancers plus instructor and accompanist and Studio B to 9 dancers plus instructor and accompanist. Many classes will be under these caps and will be able to spread out more to the 8-10' guidelines suggested by Dance USA.

We are looking forward to seeing everyone back in the studio!

Sincerely,

Miss Barbara & Miss Miriam

CLASS GROUPINGS

Large classes will be separated in to smaller sections or groups. These levels include Majors, Grade 5, and Primary. Other classes may be added to this list as needed. There is very limited flexibility with these assignments due to social distancing and best efforts will be made to assign you to a class based off of your preferences indicated on your registration form. Class groupings will be posted online prior to first class.

MAJORS DROP-IN CLASS

Majors drop-in classes will be offered to supplement your group assignments. The cost is \$16 per class due at class time (check only, no cash). Classes with less than 4 sign-ups will be cancelled, so please check the sign-up link before leaving for class. If needed, you may cancel your sign-up up to 24-hours prior to class time. **Cancellations less than 24-hours in advance or no-shows will be charged the \$16 drop-in fee.** Links to sign-up forms will be posted on our website.

CONSERVATORY DANCE THEATRE

Conservatory Dance Theatre (CDT) rehearsals will be held, but only for individual dance pieces. It is the students' responsibility to read all postings on the CDT notice board during their class times as schedules will be frequently changing based on need.

NEW SAFETY PROCEDURES

PROTOCOLS FOR YOUNGER DANCERS:

For Pre-School, Pre-Primary, Primary, and Grade 1

A parent/guardian may escort dancer downstairs and wait together at one of the marked spots in the lobby. All should maintain social distancing standards while approaching, entering, and exiting the building and while waiting in lobby. If possible, please do not bring siblings. If your young student is confident, please wait outside.

DROP-OFF/PICK-UP PROCEDURE:

- Wait in car until time for class. No curbside drop-off or pick-up.
- Parents will walk children to main entrance for drop-off.
- Dancers should arrive in dance attire and **wear regular clothes over dance clothes** as usual when walking from car to studio. No changing in dressing rooms or restrooms.
- No class observation. Nobody is allowed in the lobby except students and instructors. No parents, siblings, friends, etc.
- Students must be collected immediately following the end of class. Parents will walk to main entrance to pick up child.

GETTING READY FOR CLASS:

Upon entering the lobby, dancers will wait at one of the numbered chairs along the walls and wait for instructor to call their name. They can also place any belongings here. Instructors will then take dancer's temperatures using an infrared no-touch thermometer. They will then sanitize hands before entering the studio and proceed to take their place at the corresponding number at the barre.

Please limit what is brought to the studio. Dance bags and belongings not needed during class should be kept out of studio and remain at chair in lobby. Dancers should bring their own reusable water bottle already filled.

CONSIDERATIONS FOR DANCERS WEARING MASKS:

All instructors will be required to wear masks. All students Grade 3 and up are required to wear masks. Grade 2 and below are encouraged to wear masks. All should wear masks entering and exiting the building.

- A mask will make it harder to breathe during exercise initially and dancers should self-monitor for symptoms of: lightheadedness, dizziness, numbness or tingling, and shortness of breath.
- Monitor the intensity of your class/workout as you get used to wearing a mask during exercise. Your body will adapt over a few weeks to wearing a mask.
- If you start to feel dizzy, imbalanced, or over fatigued stop your activity and rest.
- If your mask becomes saturated with moisture from breathing or sweat you need to change into a dry mask. A wet mask is less efficient at filtering bacteria and viruses.
- There are now multiple commercial reusable mask options available for use during dance/exercise.
- *This information is provided by Dance/USA Task Force on Dancer Health.*

TIME FOR DANCE:

- Places at the barre and center are marked with tape and a number, all with a 6-foot circumference.
- Teachers also have 6-foot area around stereo, the front of the classroom, and columns between barres.
- Tactile feedback will not be used. Only verbal feedback and demonstrations.
- Class will consist of barre work and limited center work. Center work will be reduced to self-space movement and non-travelling technique so as to maintain 6 feet between dancers. Most classes are small enough to maintain 8-10 feet between dancers.
- A water-break will be allocated between barre and center.

RESTROOM USE:

- Only available to students and instructors during class times.
- Single use only.
- After use, must follow sanitizing protocols:
 - Wipe toilet handle, stall handle, door handle, light switch
 - Wash hands
 - Sanitize hands

END OF CLASS:

Instructor will end class **approximately 10-minutes early** to allow for dismissal and clean-up prior to the next classes arrival. Please be early to pick up you students.

At the end of class, students will sanitize hands as they exit the studio and gather up their belongings. Parents will be waiting at the main entrance (also keeping social distance guidelines in mind). After all are picked up, the instructor will sanitize the studio and lobby in preparations for the following class.

ASSUMPTION OF THE RISK AND WAIVER OF LIABILITY RELATING TO CORONAVIRUS/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

The Conservatory of Movement has put in place preventative measures to reduce the spread of COVID-19; however, the Conservatory cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending dance classes at the Conservatory could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending The Conservatory of Movement and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at The Conservatory of Movement may result from the actions, omissions, or negligence of myself and others, including, but not limited to, The Conservatory of Movement employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance at The Conservatory of Movement or participation in programming ("Claims"). On my behalf, and on behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless The Conservatory of Movement, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of The Conservatory of Movement, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any Conservatory dance class.

Please initial to accept the following requirements in order to participate in dance classes:

_____ No signs or symptoms of COVID-19 (see below) in the past 14 days.

_____ If a dancer has had COVID-19, then they need a clearance note from their doctor to return to the studios

_____ Dancers who have traveled back to Reno should quarantine in isolation for 14 days before coming to the studios.

_____ No close or sustained contact with anyone who is sick within 14 days of starting class.

_____ Temperature check and symptom check at home prior to class:

- If temperature is greater than 100.4 degrees Fahrenheit, then the individual must stay home and monitor symptoms and contact a physician.
- If any other COVID-19 symptoms are present, then the individual must stay home and contact a physician: Fever above 100.4 degrees F in the last 14 days, cough or breathing problems, been around anyone exhibiting COVID-19 symptoms (including but not limited to fever, chills, muscle pain, cough, loss of smell or taste) in the last 14 days.

Signature of Parent/Guardian

Date

Print Name of Parent/Guardian

Print Name(s) of Child(ren) Participating