



Unity Dance Academy Safe Return to Dance: *Creating and Maintaining Healthy Boundaries*

The conditions during this pandemic have continually evolved and changed weekly, sometimes daily. We know additional information, new guidelines, and best practices are continually being developed. As changes occur, we will communicate by updating our UDA website page regularly. We want to ensure an environment that is fun and safe for both staff and students. We will be starting our season virtually with the intention to return to in-person classes when local health officials and our leadership team deems it safe to return, and staff and students feel safe.

APRD phased return to dance:

Phase 1: We will begin our dance season virtually for the remainder of 2020. Beginning in 2021, we will re-evaluate the current COVID-19 developments along with working closely with local health officials to determine if it is safe to continue with in-person dance classes.

- Students will be required to find enough room in their house to move freely. This is a physical class so clearing out some space to create a safe environment is recommended.
- It is imperative that students take corrections and cues from their instructor and immediately apply it to their body.
- There are limited number of students in each class. The class is LIVE and the teacher is able to give individual feedback to the students.
- Working virtually will help to avoid direct contact for spreading or contracting COVID-19.
- All dance participants must have signed a liability waiver prior to the first dance class.

Phase 2: Staff and students feel comfortable teaching in-person classes and it has been determined safe to resume in-person dance classes.

- The classes will be limited in size respective to each studio.
- There will be no physical interaction between teacher and student.
- Students and teachers are required to wear a mask during class.
- Physical distancing markers will be created to keep students separated but also allow them plenty of room to dance.
- Any props, or areas touched by students or teacher will be sanitized after individual use.
- Only 1 parent will pick up and drop off each dancer at the located pick up and drop off areas.
- Hand sanitizer will be available for each student to use before and after entering/exiting dance studio.
- Waiting rooms will be closed, and water fountains not in use.
- Choreography will contain no hand holding, lifts, or physical contact.

Phase 3: Classes will continue to be held in the studio and some social distancing restrictions will be lifted.

- Students and teachers will be able to dance closer together with masks on.
- Teachers can include formation changes, lifts, and choreography with dancers making contact.

Parent/Guardian Responsibilities:

- Prior to each dance class, check your child's temperature and refrain from participation if he or she displays a fever (≥ 100.4 degrees F).
- If your child currently has any of the symptoms consistent with COVID-19; including coughing, sore throat, shortness of breath OR fever of 100.4 degrees OR sudden loss of taste or smell the child cannot participate in dance in person until they have been clear of symptoms for the past 72 hours.
- Ensure your child's shoes are clean and free of debris, rocks, snow, mud or dirt before class.
- Notify erin.zintek@appleton.org immediately if your child becomes ill.
- Be sure your child has a clean mask and water bottle for each class. If your child takes multiple classes in one night, we recommend bringing multiple masks.
- Parents are not permitted near the studio doors. Parents must wear a face mask and must adhere to social distancing guidelines in the designated pick up and drop off locations.
- At the end of class, dancers will be released systematically from the studio maintaining 6ft distance from each other until reunited with their parent or guardian.
- Should parents feel the need to communicate with the instructor, it must be done via email or by telephone. You can email erin.zintek@appleton.org and she can get you in touch with their teacher. All communications will be updated weekly on the Unity Dance Academy webpage found on www.appletonparkandrec.org

Dancer's Responsibilities:

- Self-monitor current health and take temperature daily.
- Sanitize hands before entering and exiting the studio.
- When dancers enter the studio, place bag on spiked (taped area) and head straight to your "dance box".
- Wear mask for the entirety of the class, and before you enter the studio.
- Do not touch or share anyone else's belongings, water, or bag.
- Practice safe physical distancing guidelines to include: no group celebrations, no high 5's, hugs, handshakes etc.
- At the end of practice return to your parent/guardian immediately.

Instructor's Responsibilities:

- Ensure the health and safety of all participants.
- Prior to dance class check your temperature and report to the Recreation Coordinator if you have a fever (≥ 100.4 degrees F) or are displaying symptoms consistent with COVID-19.
- Upon arrival ensure you have disinfection spray, hand sanitizer and gloves. Collect from the office if you do not have these items.
- All dance skills/choreography must be designed where players are at least 6 ft. from each other. No direct contact, formation changes, or lifts until we get out of phase 1.
- Coach dancers to avoid touching eyes/mouths/nose as much as possible.
- As dancers enter the studio - organize dancers immediately to maintain social distancing protocol.
- Assign all dancers a space on the dance floor ensuring social distancing guidelines are followed throughout the entire class.
- If the dancer has any signs or symptoms of COVID-19, they should be sent home and instructed to contact their healthcare provider.
- At the conclusion of dance class dismiss the dancer one at a time to ensure social distancing.
- Disinfect equipment (dance bars, props, etc.)

- Instructors will wear a mask while instructing. maintain social distance requirements from dancers based on state and local health requirements.
- Have fun, stay positive – dancers and parents are looking to you to stay calm, supportive and caring during this time.

General hygiene notes:

- Cover your mouth and nose with a bent arm or elbow when you sneeze or cough.
- Avoid spitting.
- Follow recommendations by the City of Appleton on wearing personal protective equipment.
 - Face masks will be required during phase 2 & 3