

## Covid Guidelines Updated January 2022

As CDC and local school guidelines change we have had a lot of questions and confusion as to what to do about attending dance class. First of all, THANK YOU all for being so diligent with our covid guidelines thus far! It is a testament to all of your due diligence that we are able to run in person classes as smoothly as we have been able to. We ask you all to be even more diligent in these next few weeks so we can keep all of our classes in person and not spread any germs. Please refer to the below slightly modified, and hopefully more clear, covid guidelines:

### **When to keep your dancer home:**

- 1) If they have any symptoms
- 2) If a member of their household has symptoms
- 3) If your dancer has a known **close contact** exposure
- 4) If any member of the household is waiting results of a PCR test **because of symptoms** (not because mandated for school/work)
- 5) If they test positive

### **When to return to class:**

- 1) If your dancer had symptoms: once they receive a negative test and the symptoms have gone away (we don't want to spread the common cold/flu at class either!)
- 2) If a member of their household had symptoms: once that person has received a negative test and your dancer still does not have symptoms
- 3) If your dancer had a known **close contact** exposure: if they still have not had any symptoms after 5 days
- 4) If any member of the household is waiting results of a PCR test **because of symptoms**: once that test comes back negative and your dancer still doesn't have symptoms
- 5) If your dancer has tested positive: when your dancer is cleared by their doctor to resume physical activity

**What if a household member tests positive but your dancer tests negative and doesn't have symptoms:** Please remain home in this case until the whole household is negative/deemed not contagious from a doctor

**If your dancers has to stay home for any of the above reasons but feels fine/is able to dance:** We are offering **LIVE zoom classes to anyone who needs to stay home but is able to dance.** You will be able to zoom live into your normally scheduled class which allows dancers to keep up some normalcy in these weird times! Please let Meghan know by **3pm** at the latest on the first day the zoom link is needed. This keeps your dancers training uninterrupted while allowing for them to safely remain home if there are any symptoms in the household! **\*It is important to let Meghan know the days you will need to zoom so she can set the computer up and start the meeting on time\***

**Make up classes:** Your dancer is also welcome to make up any missed classes (within a month of the missed class) in person **OR VIRTUALLY** by zooming into the appropriate level make up class. Just shoot Meghan an email to see your options!

**What we will do in class:**

- 1) Everyone has been WONDERFUL about keeping masks on in dance class and we will continue to be very strict about mask wearing. We take water breaks one at a time to limit amount of masks off at once.
- 2) We keep dancers spread out both while dancing and with dance bag/water bottle placement with no contact to others. This means no high fives/partner dances and **we're back to no shoe tying for the time being.**
- 3) Take temperatures at the door; anyone with a temperature of 100.3 or above will not be allowed in.
- 4) Sanitize the studio/bathroom.
- 5) Limit the studio to dancers only; no parents/siblings/guests allowed in to watch or use the bathroom (parents of our younger dancers in the Intro Class are allowed to come in to help facilitate the use of the bathroom and are required to wear a mask).

Thank you ALL for helping keep the Brennan-Lucey Academy healthy through all of this! We wouldn't be here without you and it is a testament to all of your due diligence that we are able to run in person classes as smoothly as we have been able to. THANK YOU!