

COVID Guidelines 2020-WSD: Guidelines may be updated as necessary.

• In person classes will be conducted using health safety guidelines:

- Students, teachers, staff, anyone entering the WSD building are required to wear face masks.
- Hand washing before you leave home and upon your return is strongly encouraged.
- No touch thermometers will be used to take temperatures as needed. Please take your child's temperature before leaving for dance class.
- Hand sanitizing (WSD provided) and physical distancing is required upon entering and exiting classes.
- Parents will drop students off and pick up without entering the WSD building. Please do not drop off early or pick up late as there will not be space for many students to wait and still be 6 feet physically distant.
- Only the students will enter the building (unless there is a specific reason a parent must accompany the child).
- NEW students -- we will arrange for parents to come in limited numbers using social distancing to see the beginning of classes. We want you to know that your child is comfortable, safe, and happy!
- Studio II - some classes will enter /exit using the back door.
- Students will be asked the CDC guideline wellness check questions.
- Please stay home if you do not feel well, have a fever, or any Covid-19 symptoms.
- Students are required to wear dance shoes in all classes. Contemporary and jazz classes will need shoes that cover the complete soles of the feet.
- Separate plastic bags (name labels please) to carry your dance shoes and stretching towel is strongly encouraged.
- Bring a large beach towel to put on the floor when stretching in class (to avoid any possible floor contamination)
- Wear full body covered dancewear as much as possible, avoiding bare legs, shorts, to limit direct skin contacts.
- Bring your own water/drink bottle labeled with your name.
- Please bring your belongings into the dance room. Come already changed into dancewear - to create a more health-safe environment changing rooms are unavailable.
- Ballet barres and commonly touched surfaces will be sanitized between class or a minimum every 2 hours.
- There are NO IN PERSON MAKE UP CLASSES in the 2020-2021 session, due to the extremely limited class size requirements for safety. Some classes may be made up online using zoom when it is available for certain class.
- Please come with hair already fixed for dance class – ponytails or buns, as is appropriate for each class.
- Classes will be adjusted so that students will have short breaks between exercises to allow easier breathing in the masks.
- Please help us by physically distancing as students enter, exit, and take class. It is only as we all work together that we can happily- and safely enjoy our dance classes again.

We proved we can do this!

The end of July we did our Annual Performance wearing masks and implementing health safety guidelines with distancing, sanitizing, no floor work in the performance, smaller audiences, and backstage numbers at a time. We all proved we can experience the numerous benefits of dance –, and still stay safe! Let's do it again and have a great year where all students will reap the much needed -- emotional, mental, social, physical joys of dance...and HAVE FUN!

Below are CDC guidelines you may find helpful:

To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water or clean them with alcohol-based hand rub.
- Maintain at least six feet distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

Learn more at [WHO](https://www.who.int)

[CDC: Prevent getting sick](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html) <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>

[CDC: Tips for daily life and coping](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html) <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/index.html>

[CDC: Guidance on cloth face coverings](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-clothfacecoverings.html) <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-clothfacecoverings.html>

