



*Where stars are born!*  
*Une éducation dans l'art de la danse!*

### **Health & Safety Protocol**

*Updated July 15, 2020*  
*Updated August 20, 2020*  
*Updated December 1, 2020*  
*Updated February 12, 2021*  
*Updated March 2, 2021*  
*Updated March 28, 2021*

The following guidelines are in accordance with the *Eastern Ontario Health Unit Guidance for Reopening Sport and Recreation Facilities*.

#### **Important:**

- Under no circumstances will any PSOD Faculty, Staff or Dancer be permitted inside the building if they are not feeling well.
- This includes, but is not limited to, a fever, chills, aches, fatigue, coughing, sneezing, a sore throat, earaches, an upset stomach, and/or a headache that is unusual or longlasting. Please refer to the EOHU website for a complete list of symptoms.
- Anyone that exhibits at least one COVID-19 symptom is not permitted to enter Powell School of Dance Inc. In such a case, please self-isolate and consider visiting a COVID-19 Assessment Centre to be tested.
- Individuals who have COVID-19 symptoms but have not been tested for COVID-19 may not participate in dance classes, should self-isolate for 14 days after the start of the first symptom and until they have been symptom-free for at least 24 hours.
- If a dancer expresses they are not feeling well, once they have already arrived at the studio, their temperature will be taken with a forehead thermometer, they will be brought to the reception desk, and their parents/guardians will be called. There are no refunds on missed classes due to absence or illness. The class can be attended via Zoom.
- Thank you for your co-operation in keeping the PSOD Community safe and healthy!

#### **What you will need:**

- Every dancer is responsible for bringing a basket or small bin personalized with a name tag. The bin will be used to store outdoor footwear and clothing in the personal space in the dancing studio. We recommended a laundry basket to ensure all personal belongings will fit in one place.
- All dancers will be responsible for a pair of indoor shoes that can be worn around the studio when not dancing.
- Masks are mandatory when not dancing.



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**Before Leaving Home:**

- Parents/guardians, dancers, Faculty & Staff:
  - o Please complete the COVID-19 screening questionnaire found here:  
<https://covid-19.ontario.ca/screening/customer/>
  - o Send the complete form to [psodcovidscreening@gmail.com](mailto:psodcovidscreening@gmail.com).

**Arrival:**

- Arrival will take place one car at a time at the front door of 435 Second Street West for classes in Studio 1 & 2.
- For classes in Studio 3, arrival will take place at the side parking lot and side door.
- A PSOD Staff Member will meet 1 dancer at a time at the front door or side door.
- Dancers will be instructed to clean their hands with hand sanitizer before entering.
- A PSOD Staff Member will escort 1 dancer at a time directly to their designated studio.
- If a dancer expresses they are not feeling well, once they have already arrived at the studio, their temperature will be taken with a forehead thermometer, they will be brought to the reception desk, and their parents/guardians will be called. There are no refunds on missed classes due to absence or illness.

**Parents/Guardians:**

- We must kindly ask that parents/guardians wait in their car for the duration of their dancer's lesson.
- All correspondence must be done by phone/email or by appointment only.
- Parents/Guardians of our pre-school and dance therapy students will be permitted to wait in our reception room, providing space permits.
- All visitors to PSOD must check-in and check-out by providing their personal contact information on the sheet found at the entrance.

**Reception Room:**

- Please no more than 8 attendants in our reception for our pre-school and dance therapy students.
- Providing space permits, only 1 parent/guardian per dancer. No siblings please.
- You will find our chairs to be spaced 2 metres apart. Patrons must maintain a 2 metre distance at all times. Please do not move the chairs in the reception room.
- Masks are required.
- Along with your dancer, you will be required to complete the self-assessment questionnaire, take your temperature before leaving home, clean your hands upon entering and wear a mask.
- All visitors to PSOD must check-in and check-out by providing their personal contact information on the sheet found at the entrance of the building.



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**Inside The Studio:**

- Our dressing rooms will be closed to all dancers for the foreseeable future.
- Dancers are asked to come to dance class dressed in their uniform.
- Dancers are asked to keep all dance shoes, water bottles, and snacks in a personal bag.
- Once inside the designated studio, dancers will be assigned a spot to store their belongings and wait for their class to begin.
- Only 1 dancer at a time will be permitted to use the washroom.

**Physical Distancing:**

- Our studios are gridlocked with tape to respect the measurements of 8 feet by 9 feet. These grids are measured to ensure ample dance space and required physical distancing space.
- Dancers will be assigned to 1 square of space for centre floor work.
- Across the floor work will take place 1 dancer at a time, while the other dancers return to their personal dancing space to wait their turn.

**Classroom Props:**

- Powell School of Dance Inc. will not be using our classroom props for the foreseeable future.
- The teacher will contact you with a list of props, if they are needed for your dancer's class.
- General props that are good to keep in your dance bag include:
  - o A small washcloth
  - o A clean pair of socks
  - o A yoga block, book or small pillow
  - o A yoga mat
  - o A box of tissues or cotton balls
  - o A small teddy bear (for preschoolers)
- Personalized props should be labelled and individually wrapped in a Ziploc bag.
- Personalized props should be sanitized regularly.

**Corrections:**

- Powell School of Dance Inc. believes in providing our students with physical corrections to help them understand and improve their technique.
- However, for the foreseeable future, Powell School of Dance Inc. will instead give verbal corrections to our students. Our teachers have been trained to be creative with their lessons plans, and ultimately continue to achieve the same level of standard in teaching. We will continue to work towards successful results!



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- All spotting in Acro class will be kept to a minimum. If the teacher needs to spot for safety, both the teacher and student will sanitize their hands and feet before and after contact. The teacher and dancer will wear a mask while in close physical contact.

**Dismissal:**

- Dismissal will take place at the front door of Powell School of Dance Inc, 435 Second Street West, one student at a time for classes held in Studio 1 & 2.
- Dismissal will take place at the side door for classes held in Studio 3.
- Parents/Guardians are asked to park their car, exit their vehicle, and come to the door to meet their dancer. Please ensure you are wearing a mask. As the days become shorter, it will become increasingly difficult for the teacher to feel safe dismissing her dancers into a dark parking lot. Thank you for your collaboration.

**Scheduling:**

- Powell School of Dance Inc. will be scheduling 15 minutes between all classes.
- 5 minutes is assigned to dismissal.
- 5 minutes is assigned to sanitizing the studios, including the barres, sound system, iPad, chairs, doorknobs, light switches, Acro mats and bathrooms.
- 5 minutes is assigned to arrival.
- ***Please arrive no more than 5 minutes before your class start time.***
- Powell School of Dance Inc. must insist that late arrivals and late pick-ups are strongly discouraged.

**Face Masks:**

- As per the *Mandatory Mask Directive for Enclosed Spaces* issued by the Eastern Ontario Health Unit on July 6, 2020, all PSOD Faculty, Staff, Students, and Parents/Guardians will be required to wear a mask upon entry and exit of the building. Exceptions apply. Please review on the EOHU website.
- Once students are placed in their physically distanced spot in the dance studio, and once they begin physical activity, PSOD dancers are permitted to remove their mask.
- Please have your student equipped with a clean re-usable container to store their mask.
- PSOD Faculty & Staff will remain masked.
- If your dancer's mask is a re-usable one, please be sure your dancer's mask is washed regularly.



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**Sanitizing:**

- All PSOD Dancers, Faculty & Staff must sanitize their hands upon arrival, after class, and upon dismissal.
- All PSOD Dancers, Faculty & Staff must wash their hands for 20 seconds (sing the happy-birthday-song 2 times!) after using the washroom.
- All Acro students will be required to sanitize their feet, in addition to their hands, before and after class.
- All PSOD Dancers, Faculty & Staff are encouraged to avoid touching the face at all times.
- All PSOD Faculty & Staff will sanitize the studios before and after all classes. This includes the barres, sound system, iPad, chairs, doorknobs, light switches, Acro mats and bathrooms.
- The floors are washed with disinfectant every night, and a professional deep cleaning with a Zamboni is done every 2 weeks.

**Group Size:**

- Group size cannot exceed the current government limits on gatherings. Currently, the total number permitted to be at Powell School of Dance Inc., either in classes or reception room, at any one time must be limited to the number that can maintain a physical distance of at least 2 metres, and cannot exceed the indoor gathering limit of 10 people.
- Staff is not included in this capacity limit.
- 1 parent per child aged 6 and under is permitted and is not included in the capacity limit.

**Contingency Plan:**

- In the event of cancelation due to inclement weather: Classes will be held on Zoom, if it is safe for the PSOD Staff to drive to the studio. If not, classes will be cancelled and made-up at the end of the session. This is to protect the safety of our staff travelling to and from the studio.
  - o Fees will continue to be charged to your account with *no change*.
- In the event of an uptick in cases of COVID-19 that *does not* order Powell School of Dance Inc. to close our doors: Powell School of Dance Inc. will offer our classes in a hybrid format.
  - o This means classes will continue in person for those who are comfortable attending in-person.
  - o Classes will be simultaneously taught on Zoom for those who are comfortable attending from their home.
  - o Fees will continue to be charged to your account with *no change*.



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- In the event of an uptick in cases of COVID-19 that significantly reduces the capacity limit of our facility, Powell School of Dance Inc. will exercise a rotational hybrid format.
  - o This means Studio 1 & 2 will be held online while Studio 3 remains in-person.
  - o The next week, Studio 2 & 3 will be held online while Studio 1 remains in-person.
  - o The next week, Studio 1 & 3 will be held online while Studio 2 remains in-person.
  - o Fees will continue to be charged to your account with *no change*.
- In the event of an uptick in cases of COVID-19 that *does* order Powell School of Dance Inc. to close our doors: Parents/Guardians will be given the following options:
  - o A 5-day grace period to put their account on hold *with no* access to Zoom classes.
  - o A 5-day grace period to confirm the continuation of their account *with* access to Zoom classes.
- In the event of a suspected case of COVID-19 at Powell School of Dance Inc.
  - o The suspected case will be isolated in the kitchen. The dancer's parents/guardians will be called immediately.
  - o All classes in session will end immediately. Parents/guardians will be informed by phone call.
  - o All remaining classes will be cancelled for the evening.
  - o Powell School of Dance will contact the Eastern Ontario Health Unit for further instructions.
  - o Contact tracing will be facilitated using the PSOD Classroom Management Software.

***Thank you for your co-operation in keeping the PSOD Community safe and healthy!***