

WHAT is COVID-19?

COVID-19 is a respiratory infection caused by a virus. The infection has symptoms similar to other respiratory illnesses, including the flu and common cold: cough, sneezing, fever, sore throat and difficulty breathing. Other symptoms can include fatigue, muscle aches, diarrhea, headache or lost sense of smell. While most people infected with COVID-19 experience only mild illness, severe illness can occur in some people, especially in those with weaker immune systems, the elderly and those with chronic medical conditions.

HOW COVID-19 Spreads

COVID-19 is spread through liquid droplets when an infected person coughs or sneezes. The virus in these droplets can enter through the eyes, nose or mouth of another person if they are in close contact with the person who coughed or sneezed. COVID-19 is not transmitted through particles in the air and is not something that can enter the body through the skin.

The health and safety of students and staff is a priority for CR DanceXtreme.

In order to comply with WorkSafeBC requirements, CR DanceXtreme will implement the following protocols for the duration of the 2020-2021 season, or until advised they are no longer necessary.

Personal Health

Goal: To maintain a healthy studio by ensuring staff and students stay home if they are ill.

Before a staff member or student plans to enter the studio, they must determine if they are healthy to do so.

If they are sick with symptoms (fever, runny nose, cough, sore throat, vomiting or diarrhea, fatigue with no explanation) of respiratory illness consistent with cold, influenza, or COVID-19, even if symptoms are mild, they are not to enter the studio, they are to remain at home and contact their family physician, primary care provider or Health Link BC at 8-1-1.

Anyone entering the building, will have their temperature taken with a no-contact infrared thermometer held near but not touching their forehead. Anyone registering a temperature of 38.0°C or higher will immediately don a mask and must leave the building.

If once in the studio, a staff member or student starts experiencing symptoms of illness, even if they are mild, they are to immediately don a mask, wash their hands thoroughly and leave the studio (parents will be contacted immediately). Any surfaces touched by the staff member or student will be disinfected before being used by others.

Once at home, the individual should use the BC COVID-19 self-assessment tool. Although anyone with symptoms can now be assessed and receive a COVID-19 test, testing is not recommended for people who do not have symptoms.

Personal Hygiene

Goal: To limit spread of the virus by promoting good personal hygiene

Face masks will be required by all staff and students (aged 8 and up) to enter the studio, as well as required in the common areas of the building (hallways and washrooms). Once inside their classroom, students are welcome to remove their mask and secure in their bag. Face masks will not be required by students aged 7 and younger. Face masks will not be provided.

Students of any age are welcome to wear masks during their class, however it will not be mandatory.

Hand sanitizer will be provided throughout the studio, along with posters reminding of the importance of handwashing or sanitizing following contact with common touch surfaces. Hand sanitizing will be required to enter the building as well as when leaving the building. Hand sanitizer will be provided in each classroom for use during class time.

Staff and students are to replace physical greetings (high-fives, fist-bumps, hugs) with non-contact greetings.

Physical Distancing

Goal: To modify the physical environment and increase space between people to eliminate transmission of the virus through respiratory droplets.

Students will line up outside the studio, entering the studio and classroom by social distancing. Dance bags brought into the classroom will be stored along the walls away from the belongings of others.

Classroom capacities have been reduced to allow for physical distancing. The floor in each classroom will be clearly marked with 2 metre (6 foot) increments on the floors to maintain distance between students.

Each student will have the freedom to move without risk of touching another. Staff will program curriculum to ensure students maintain distancing during warm-ups, across the floor and choreography instruction. There will be no partner work within class.

Please reiterate to your children the importance and effectiveness of social distancing.

Studio Sanitation

Goal: Increase cleaning and disinfection to prevent COVID-19 from spreading through contaminated surfaces.

In addition to regular end-of-evening cleaning, all high-touch areas and surfaces will be disinfected throughout operating hours. High-touch/hard surfaces in classrooms will be sanitized between classes, such as ballet barres, door handles, etc. Sanitizing wipes as well as disinfectant spray will be available in each classroom for cleaning non-stationary equipment after each use, such as conditioning items, acro mats, etc.

High-touch/hard surfaces at the front desk and within the washrooms will be sanitized regularly throughout operating hours.

End-of evening cleaning practices will include the electrostatic spraying of all areas with Vital Oxide: an EPA registered hospital disinfectant cleaner. Vital Oxide is proven to kill a wide range of viruses and bacteria, will not contribute to the formation of mutating "super bugs" and does not contain volatile organic compounds (VOCs). Vital Oxide kills 99.999% of bacteria on hard surfaces and odors and odor causing bacteria on soft surfaces by eliminating the source. Odourless, non-irritating to skin and with no rinsing required, Vital Oxide breaks down to simple salt and produces no harmful by-products.

For more information on this ground-breaking Canadian company, please visit: <https://vitateksolutions.ca/>

Studio Management

Goal: To continue normal business operations while minimizing the potential for COVID-19 to spread in the facility.

Any student or staff member returning from outside of British Columbia must not enter the studio for 14 days.

Entry to the studio will be limited to staff and students attending class. Upon arrival, students are to stand on a marked spot at the entrance to the studio no earlier than 5 minutes before the start of class. Once the instructor confirms the class is ready to enter, students will have their forehead temperature taken, their hands sprayed with sanitizer and invited in. The front door and classroom doors will be left open when practical, in order for students to pass through without touching handles.

Students are to arrive dressed in their dance attire with **one bag** (all dance shoes, water bottle, outerwear AND outside shoes must go into the bag once in the front door). School backpacks, band instruments, sports equipment, etc will not be permitted inside the building.

Form fitting dancewear is required for all classes. Dance attire expectations are amended this season to keep us safe: please arrive in the one dance outfit you will wear for all classes for the day. No changing will be allowed.

Students will take all belongings directly into their classroom, eliminating common storage areas in the hallways. Students must bring their own full water bottle: filling of water bottles from the taps will not be permitted. Acro and Conditioning students are encouraged to bring their own items (information will be provided directly to the parents). All unnecessary items must be kept at home.

Class sizes have been reduced to meet the WorkSafeBC requirements. Class times have been staggered/structured to reduce the amount of people within the building at one time and to accommodate disinfecting protocols between classes.

As much as possible, instruction will be conducted in a manner that avoids touching students. When direct contact must take place (correct placement of feet/arms, spotting, etc), hand sanitizer will be used before and after contact.

Student areas such as the Showteam locker room, lounge and changing area in the washroom are closed. Social gathering areas such as the hallway benches, upper loft and front lobby seating are closed: parents and siblings are to remain outside of the building (Saturday morning students are welcome to have ONE parent (no siblings) in the building for the duration of class, however they must be masked).

Parents are encouraged to use a credit card (over the phone or via email) or cheque (brought in by the student, dropped through our mail slot) for tuition/costume payments. If you would prefer to pay with debit or cash in person, please make an appointment with our front desk via email to ensure adequate social distancing for our lobby. Washrooms are limited to student use only.

At the end of class, students will have their hands sanitized before being dismissed out the back door by their instructor. **A parent/guardian must be standing at the back door BEFORE class is dismissed.**

The back door will be open for a maximum of 5 minutes; the instructors cannot delay the start of their next class if a student is waiting to be picked up.

You are welcome to park in our parking lot or on the public streets. Do not park in the spaces belonging to other businesses: Sushi Mong, Bank of Montreal, Island Fever, etc. To avoid parking congestion, we encourage carpooling with other parents.

Ventilation and air flow will be comfortably controlled by increasing the fresh air intake on air handling units. The building is equipped with 4 HVAC units with filters; there is no concern of students overheating or breathing stuffy air.

Increased signage relating to COVID 19 protocols will be placed around the studio.

Class instruction via Zoom will not take place unless recreational facilities are instructed to close, by WorkSafe BC / VIHA or BC Health Authority. Classes offered through Zoom will not be mandatory.

By adhering to the above protocols, we are doing our part to keep our community safe, healthy, and avoid the need to isolate at home. We thank you for your continued support and look forward to enjoying the upcoming season.

More information on COVID-19 can also be found online:

BC Centre for Disease Control <http://www.bccdc.ca/health-info/diseasesconditions/covid-19>

Revised August 2020

CR DanceXtreme Covid-19 Health and Safety Policies

1. Anyone registering a temperature of 38.0°C or higher will not be allowed entry in the building.
2. Face masks will be required by all staff and students (aged 8 and up) when entering the studio and when in common areas of the building. **Face masks will not be provided.**
3. Entry to the studio will be limited to staff and students attending class.
4. Saturday morning students may have ONE parent (wearing a mask) accompany them to class and stay within the building.
5. Students are to arrive in their dance attire with **one bag** (all dance shoes, water bottle, outerwear AND outside shoes must go into the bag once in the front door).
6. School backpacks, band instruments, sports equipment, etc will not be permitted inside the building.
7. Changing clothes or dance attire will not be permitted within the building.
8. **A parent/guardian must be standing at the back door BEFORE class is dismissed.**
9. Payments by cheque or credit card are preferred. Please email the front desk to make alternate arrangements.
10. Social distancing of 6 feet must be adhered to within the building.
11. Any student or staff member returning from outside of British Columbia must not enter the studio for 14 days.