



January 6th, 2021

Dear Dance Creation Families,

Happy New Year! We hope you all had a great Christmas break and are staying safe and healthy.

As you all know, our province has been moved back to Orange Phase to slow the spread of COVID-19. Based on the guidelines of Public Health, our physical location will remain open at this time until directed otherwise. Please read our Operational Plan carefully. We have carefully crafted our Operational Plan for each phase and we are committed to strictly implement these guidelines as we operate our school. We take pride in our facility and how it operates, and we would like to highlight the policies we have in place at Dance Creation Studio to help our dance families stay healthy and safe. We will continue to do our utmost best to keep our facility clean and disinfected everyday. Please make sure you review the **Daily Checklist** before sending your children to their class.

We will continue to monitor and implement these guidelines and recommendations set by Public Health as they are announced and make changes as necessary. We will take each week, or day to day, into consideration as it approaches and keep you updated on what's happening. We will be updating through Facebook, our website, and email.

In the event that the Government moves the province back a phase and requires all dance studios to close, we will transition all classes to virtual classes until we are able to go back to in-studio instruction. We will send out information and ZOOM links to your email in the event that we have to transition to virtual learning.

Each family is encouraged to make their own decision about coming to the studio. Please do what you feel comfortable with and what makes the most sense for you and your family. Your health and safety are most important to us! If you do not feel comfortable yet coming to the studio, please let us know and we can make the Hybrid option available for you.

We know that there is rising anxiety and concerns in our community as the cases continue to increase. We want you to know that we are here for you and with you as we navigate this very challenging time. We commit to putting the well-being and safety of our students, parents, and teachers first. We will continue to help our students to adjust in these very fast-changing situations and continue to foster resilience and strength in spite of these difficulties and challenges.

We want to thank you for your continued support to our school. We are praying for peace and safety for everyone. We will rise above this.

God bless you all.

Sincerely,
Grace Caines
Director/Owner
Dance Creation Studio

PLEASE READ CAREFULLY

Before sending your child to dance, please take note of our checklist in accordance to the guidelines of Public Health:

DAILY CHECKLIST

- A 'YES' response to any of these questions, means that the student must stay home.
- The student is not feeling well?
- The student is displaying 2 or more symptoms of COVID 19? (Call 811)
- The student spent time with a person/persons from the outside of the Atlantic bubble that did not complete the 14 days isolation requirement?
- The student came in contact with someone who is sick with COVID-19?
- The student has been told by 811 to remain at home?

If a student is displaying 2 or more symptoms of COVID-19, it is critical that they stay home. Call 811 or a medical professional if your child has COVID-19 symptoms and follow medical; professional's advice.

Symptoms can vary from person to person. A child's symptom may also vary in different age groups. Some of the more commonly reported symptoms include:

- new or worsening cough
- shortness of breath or difficulty breathing
- temperature equal to or over 38°C
- feeling feverish
- chills
- onset fatigue or weakness
- muscle or body aches
- new loss of smell or taste
- headache
- gastrointestinal symptoms (abdominal pain, diarrhea, vomiting)
- feeling very unwell

Children tend to have abdominal symptoms and skin changes or rashes.

Symptoms may take up to 14 days to appear after exposure to COVID-19.

Do not medicate your child to treat symptoms they may be exhibiting and then send them to dance because this action puts your child and others at risk.

Cooperation and communication are key to managing an outbreak.

If you get an urgent call regarding the health of your child, you will be required to pick up your child as soon as possible.

Drop off, pick up, and active screening:

THE WAITING ROOM IS CLOSED except for the following:

- a) **ONLY 1 Parent** of students of the following classes: **Hip Hop Jr, Breaking Jr, Tiny Tots, Pre-Ballet, and DanceAbility.**
- b) The waiting room will be reserved for students that have multiple back to back classes. We have a very limited number of seats (8 seats) in the waiting room due to the limitations of our space and public health guidelines. When all seats are taken, other parents will have to wait in their car until a seat becomes available or may come back in time to pick up their children.
- c) Everyone that waits in the waiting room will be seated 2 meters apart and will be required to sanitize their hands, wear a mask, and sanitize their own seat after use.
- d) Students will still not be allowed to congregate in the hallway or in any of the common areas.

DROP OFF

- **Drop off will be 10min prior** to class. All students will enter the building from the main entrance.
- All students, staff, and parents entering the studio will have their temperature taken with a touchless infrared upon entry. Anyone with a temperature over 38 degrees C will not be allowed in. A record will be kept of each student's temperature for our records. **The screening tool recommended by Public Health will be strictly implemented.** Screening tool will be asked upon arrival at the studio. Please see **Appendix A.**
- No street shoes will be allowed past the entryway area. Only dance shoes or socks will be worn in the studio.
- Once your student is dropped off and has had their temperature taken, they will be asked to sanitize their hands. After that, they will take their place in designated areas inside the studio until everyone has arrived.

PICK UP

- There will be a designated **pick-up zone** outside our building. The dancers will be asked to line up after the class and each child will be ushered to proceed to the pick-up zone area to meet their parents/guardian. **Please be on time to pick up your child to avoid delays.**
- **Students will not be allowed to participate in the classes without completed forms and waivers. Please make sure you complete the forms and waivers upon registration.**

Mask Mandate:

- Wearing of a mask will be required upon entry of our facility- in the common areas and inside the studios for all levels and classes during the orange phase.

Physical distancing:

- Each class will be limited to 8 students in Studio A and 11 students in Studio B.
- Students are spaced 2-3 meters apart.
- Students will need to come already dressed for their class. Please note that the **dressing rooms will be closed.**
- Each student may bring **1 small** dance bag, in which they can put their dance shoes and water bottle.
- No close contact: We will be adjusting many things in our studios to avoid contact. There will be a designated area for each student on the barre. The studio floors will be marked to accommodate physical distancing. Each student will have his/her own spot and boxes to dance in.
- Students and staff are **not** permitted to congregate in groups. All students and staff must always maintain a minimum of two meters between themselves and others. Students will not be permitted to hold hands, high five, or touch each other in any way. We will also ensure that they are not in close proximity to each other. Please remind them to keep to themselves, as they all love to hug each other :)
- Signage and posters will be placed in the facility to remind everyone to keep their distance.

Facility management and cleaning:

- All staff working in the classes are aware of the Dance Creation Studio Operational Plan.
- Surface Cleaning: we will be wiping down frequently touched surfaces and equipment such as barres, door knobs, light switch, sound system, and mask hooks with disinfectant after every use.
- Bathrooms will be cleaned and disinfected twice a day.
- Floors will be mopped before and after class. All floors will be mopped at the end of each night on weekdays and at the end of the day on Saturdays.
- Students will be asked to sanitize their hands frequently.
- Microwave use is **not** available for use for students.
- Sanitizer: We have hand sanitizers in each studio, outside the bathrooms, and in the office. Students will be asked to use it frequently. If you'd prefer your own, students are permitted to bring it in their dance bag. Our sanitizer contains 70% alcohol.

Exclusions and outbreak management:

- We are encouraging all students to cough and sneeze into their elbow. If they use a tissue they will need to throw away the tissue and sanitize their hands. We will also be encouraging all students to avoid touching their eyes, nose and mouth with their hands.
- Any staff member that has developed Covid-19 symptoms will put on their mask and leave immediately and contact 811 for testing. Staff will be allowed to return only if the staff member demonstrates 24 hours SYMPTOM FREE. A substitute teacher will take over the class or Hybrid class will be provided (see below).
- Any student that has developed Covid-19 symptoms will be mandated to be sent home immediately. Parents/guardians will be contacted. Students will be allowed to return only if the student demonstrates 24 hours SYMPTOM FREE. Students will be sent a Zoom link for a Hybrid class if needed (see below).
- If a suspected case of COVID-19 is identified, we will work closely with Public Health officials around steps to take such as notifying parents and isolating their child in a safe area at the studio for immediate pick-up.
- All students must self-monitor for symptoms and report to the admin office if they have concerns about possible COVID-19 exposure or possible symptoms. Any student developing symptoms of COVID-19 must immediately perform hand hygiene, put on their mask, report to the teacher, avoid contact with staff and other students and wait in a designated area for parents to pick them up.
- Any student or staff member that has been identified as having seasonal allergies or who suffers from chronic runny nose/nasal congestion are not required not to be excluded.
- If a staff member or student tests positive for COVID-19, Public Health will identify the close contacts and manage the outbreak with respect to Public Health measures and communication.

HYBRID CLASS

We are offering Hybrid classes and will allow students to take online and live classes at the same time. A hybrid class is when an in-person class happens at the facility, which is then live-streamed to off-site students via Zoom.

A Hybrid Class will take effect for the following conditions:

- Students or staff that need to self-isolate or have symptoms but are well enough to dance.
- Students or staff that have a member of their household that has a confirmed case of COVID-19.
- If the teacher needs to self-isolate and if no substitute teacher is able to replace them. The teacher will be teaching via Zoom while all students come in the studio and another staff will supervise the class.

You will receive a Zoom link once your request is received.

**These rules will be applied strictly. Our staff will be actively monitoring
the health status of all students.**

How you can help:

- Please follow **APPENDIX A**.
- **Do not** bring toys from home.
- **Do not** break any formal quarantine/government restrictions.
- Encourage your child to cough and sneeze into their arm instead of their hand and to not touch other children or their teacher.
- Alert us if your child does have COVID-19 and has been to the studio within the last 14 days so we can contact their peers.

STORM CLOSURE POLICY

For class cancellations due to weather, a decision will be made by 2PM on that day. Students will be informed through email. This will also be posted on our Facebook page and website.

If no announcement is made, then classes will continue as scheduled.

In the event that the studio decides to stay open, we advise that you use your own discretion whether to come to class or not. Please advise the studio if you opt not to attend your class.

For all concerns, please call 506-383-1688 during regular office hours
(Monday-Thursday 2pm-6pm and Saturday 9am-3pm)
or send us an email or a private Facebook message.

APPENDIX A

ATTENTION



If you answer '**YES**' to any of the following questions, **DO NOT ENTER** this building. Please return home and self-isolate.

- ☼ Do you have **TWO (2)** of the following symptoms that are not related to a known pre-existing health condition (i.e., seasonal allergies)? If **YES**, you should be tested for COVID-19.



Fever



Cough (or worsening cough)



Diarrhea



Loss of sense of smell and taste



In children, purple markings on the fingers and toes



Runny nose



Sore throat



Muscle pain



Headache



Fatigue/ exhaustion

- ☼ Have you been advised by Public Health, a health-care provider or a peace officer that you are currently required to self-isolate?
- ☼ Are you waiting for a COVID-19 test or COVID-19 test results **AND** have been told you need to self-isolate?
- ☼ Have you travelled outside of New Brunswick in the past 14 days (unless exempt from self-isolation)?
- ☼ Has an individual in your household returned from outside of New Brunswick in the past 14 days for any reason, and now someone within the household has developed one or more symptoms of COVID-19 as listed above?

If you answered '**NO**' to the above questions, **YOU MAY ENTER** the facility.

If you are experiencing any symptoms, you should get tested. You can register for a test online by clicking 'Get tested' on the GNB Coronavirus website, calling Tele-Care 811 or by contacting your primary health-care provider.

When and How to Self-Isolate

Who Needs to Self-Isolate?

- ☼ Individuals advised by Public Health, a health-care provider or a peace officer, including confirmed cases of COVID-19 **MUST** self-isolate.
- ☼ Individuals who have **TWO OR MORE** of the following symptoms **MUST** self-isolate until they have a negative COVID-19 test result:



Fever



Cough (or worsening cough)



Diarrhea



Loss of sense of smell and taste



In children, purple markings on the fingers and toes



Runny nose



Sore throat



Headache



Muscle pain



Fatigue/exhaustion

- ☼ Individuals who have travelled outside of the Atlantic bubble in the past 14 days who are not exempt from self-isolation **MUST** self-isolate for 14 days from the time of arrival in the [Atlantic bubble](#).

I have not travelled; do I need to Self-Isolate?

- ☼ Household members **MUST** also self-isolate if they or the person self-isolating are unable to follow the guidance outlined in this document.
- ☼ If someone in a household has travelled outside of the Atlantic bubble for any reason, every household member **MUST** monitor for symptoms for 14 days. If anyone develops symptoms of COVID-19, all household members **MUST** self-isolate and the symptomatic person needs to get tested for COVID-19.

How to Self-Isolate



Self-isolation means staying at home and avoiding contact with other people to help prevent the spread of disease to others in your home and your community. You must take the following measures.

Stay home:

- Do not leave your home/property unless to escape danger or to seek emergency medical care.
- Do not go to school, work, etc. You may go outside on your balcony or into your yard.
- You are not permitted to go for walks, except on your own property.
- You are not permitted to go for a drive, even if alone in the car.
- Make arrangements for food and other necessities to be delivered.
- If all guidance in this document is being followed, then household members who are not self-isolating may attend work, early learning and childcare facilities, or school and may pick up essential items, or run essential errands only.



Limit contact with others:

- Visitors are not permitted, even if outside and maintaining two metre distance.
- Do not use common areas that are shared with other households, for example laundry rooms and outdoor areas in an apartment complex.
- Avoid contact with others living in your household, especially those with chronic health conditions or compromised immune systems and older adults.
- Maintain a two-metre distance from others living in your household. If contact cannot be avoided, keep interactions brief and all individuals must wear a mask that covers the mouth and nose at all times.
- Wear a mask when in common areas of the household.
- Sleep in a separate room.



Practice good hygiene:

- ☼ Keep your hands clean by washing them with soap and water frequently, practicing proper cough/sneeze etiquette and not touching your eyes, nose or mouth. Do not share personal items with household members including hand towels, bed linen, utensils, toothbrushes, and electronic devices.
- ☼ Use a separate bathroom if possible.
- ☼ Clean and disinfect commonly touched surfaces at least once daily, including light switches, sinks, taps, toilets and door handles, after each use.

