Kinetics Academy of Dance

COVID-19 Exposure Reduction Measures

Our business is in support of a strong and healthy community. The health and safety of our families is very important to us. In order to reduce virus exposure, we ask you help us implement appropriate exposure reduction measures within our place of business and throughout the community.

The Center for Disease Control provides guidance for businesses to plan and respond to the virus. We are prepared to modify business practices and implementation of our services. Based on this, as well as government directives, the following measures and policies are being implemented:

**Stay Home if Ill:**

- Avoid entering the studio if you or your dancer if you have a cough, fever or are otherwise feeling ill.
- Please self-screen at home by taking temperatures immediately prior to leaving the house.
- Patrons will be symptom screened by answering a few questions prior to entering dance room.

**Social Distancing Policy:**

Social distancing means avoiding large gatherings, staying out of crowded places, and maintaining distance (approximately 6 feet or 2 meters) from others when possible. What that means for the studio is:

- Smaller class sizes
- Safe dance spaces will be taped off on the studio dance floors for dancers to remain within.
- Students under the age of 5 may have an adult in the dance room with them if they feel they will have difficulties remaining within their safe dance space. They are to ensure their dancer stays at a safe distance. Adults will be contacted to assist if the instructor finds it difficult to keep child distant from other children.
- Our goal would be to eliminate the need for an adult with their dancer as quickly as possible, moving back to independent dancing.
- Employees must also practice social distancing amongst themselves and with students and families when possible.
- Limiting the number of people in the building in order to maintain social distance guidelines of 6 feet.
  - Dancers ages 8 and up are to be dropped-off and picked-up outside the studio door. Our staff will be looking for students to arrive and assure they get into their classes on time. We will also personally be releasing them to their families outside the studio. You may wait in your car or wait outside while maintaining social distancing.
  - Our lobby space will be reserved for conducting business with the receptionist and young dancer drop-off/pick-up.
  - Families of younger dancers may have one adult only bring them into the lobby. We highly recommend other family members and children not come into the studio. Our lobby is not very big, so we encourage waiting outside the studio during the class. (please see detailed procedures below)
  - Limiting the number of customers in our store. Children shall not be allowed to use the store as a “play area”.

- Avoiding handing shaking or engaging in unnecessary physical contact.
- We are supporting the “work-from-home” concept. Owner and front office employees are limiting their hours at the studio and are there on an as-needed basis.
- Please note that teachers may get closer than 6 feet to a dancer as needed for things like the distribution of disinfected props, physical correction and demonstration.

Other Exposure Reduction Protocols We Follow:

- Dancers should wash hand with soap and water for 20 seconds before and after class.
- It is highly encouraged for everyone (students and families) to wear a face mask while not actively participating in dance class.
- Face masks are optional in class as the physical exertion of dance makes it more difficult to breath. It is recommended to wear one if possible.
- Require employees to wear face coverings when working in places accessible to the public when physical distancing of at least 6 feet cannot be maintained.
- Cough and sneeze into your elbow to prevent the spread of germs. Wash hands after blowing your nose.
• Provide tissues and no-touch disposal receptacles.
• Alcohol-based hand sanitizer that is at least 60% alcohol is available.
• Post information that encourages hand hygiene to help stop the spread are at the entrance and other areas where they are likely to be seen.
• We strongly encourage cashless payments. Your credit card on your account is the safest way to make payments. You can also make payments through your Family Portal.

Perform Routine Cleaning and Disinfection:

• Routinely clean and disinfect all frequently touched surfaces, such as workstations, desk area, payment system, doors and doorknobs, mirrors, bathroom,
• Disinfect props, bars and other items used during classes after each use. Wash cloth items used daily.
• Disposable wipes are readily available so that commonly used surfaces can be wiped down by employees before each use.

Employee Health Guidelines:

• Receptionist hours may be limited and are supported to work from home at times.
• Employees have been told to not come to work if they have a cough or fever.
• Employees are to wash their hands frequently with soap and water for 20 seconds. Especially before each class.
• Alcohol-based hand sanitizer that is at least 60% alcohol, tissues and disinfectant wipes are readily available.

Procedures for Dancers Under Age 8:

• One adult may bring their dancer into Kinetics. You should head to the bathroom and have your child (especially the little ones) use the restroom and wash their hands following the 20 second rule.
• Take your dancer to the dance studio door to be greeted by their instructor.
• Their instructor will direct them to their safe dance space.
• If you feel you child will need assistance remaining in their safe dance space, you may remove your shoes and join them in their space.
• If you choose not to be in the room with them, please be aware that you may be asked to join if the instructor is having keeping them at a safe distance.
  o Don’t worry, this is not a bad thing. They are young children and the concept of staying in one little spot for 45 minutes is going to be really hard.
• After your dancer enters the dance room, please choose to wait outside the building. You may view the class from outside while practicing social distancing, in
your car, Tin Room, etc. You will be able to view the class though your zoom link. Instructors may communicate with parents though zoom as well.

- Return to the lobby at the end of class. Children will be released one by one.

- It is highly encouraged for everyone (students and families) to wear a face mask while not actively participating in dance class.
- Face masks are optional in class as the physical exertion of dance makes it more difficult to breath. It is recommended to wear one if possible.

In-house Symptom Screening Questions:

1. In the last 3 days, have you had any of these symptoms that is not attributable to another condition?

<table>
<thead>
<tr>
<th>One Of These</th>
<th>OR At Least Two Of These</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cough</td>
<td>Fever</td>
</tr>
<tr>
<td>Shortness of breath</td>
<td>Chills</td>
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<td></td>
<td>Repeated shaking with chills</td>
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<td></td>
<td>Muscle pain</td>
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<td>Headache</td>
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<td></td>
<td>Sore throat</td>
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<td></td>
<td>New loss of taste or smell</td>
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2. Have you traveled internationally within the last 14 days?
3. Have you had close contact with a confirmed/probable COVID-19 case?

*If YES to any, restrict them from entering class.


What to do if you cannot attend in person:

- Attend your class via zoom.
- Schedule a possible make up class with the receptionist.
- I think or know I had COVID-19, and I had symptoms, you are cleared to return
to Kinetics:
  o 3 days with no fever and
  o Symptoms improve and
  o 10 days since symptoms first appeared

More on: If you have COVID-19, when is it safe to stop self-isolation:

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