



**124 South Main Street & 108 South Main Street**

**La Crosse, VA 23950**

**434-757-1029 Dance It Out**

**434-757-1209 Flip It Out**

**Post COVID 19 Reopening**

**Updated Protocols October 2020**

Students are **required** to bring the following:

- Yoga mat – to use as their dance space
- Water bottle with full name written on it – we will not sell snacks or water to avoid contact
- Dance with luggage tag with full name and emergency contact – to store shoes and avoid mix ups
- Towel or Barre Sleeve – to use on ballet barres to avoid contact
- Hand sanitizer – attached to dance bag

Students are **recommended** to bring the following:

- Masks are optional
- Snacks with name labeled – no sharing allowed

Entering the studio:

- No parents are allowed in studio
- Check in with attendant
- Attendant will ask questions about current health (cough, fever)
- Attendant may take temperatures if showing signs of illness
  - ***Dancers with temperatures greater than 99 degrees will be sent home***
- Sanitize hands before entering studio at outside station
- Enter the lobby (be sure to follow social distance tape marks)
- DO NOT WEAR DANCE SHOES OUTSIDE – You will not be allowed into the studio if you wear your dance shoes outside
- Take off shoes and put shoes into dance bag
- Bring dance bag into dance room; sit in chair and put dance bag under the chair

- Find a marked space and put yoga mat in marked space

#### Exiting the studio:

- Studio will utilize a staggered release (the studio closest to the exit will end class 5 minutes early and release to parents one at a time)
- Teachers must ensure the class is empty before releasing or if students are still in class, those students must sit in their chairs – make sure other students are clear of the back of dance studio
- Parents must be outside waiting on the sidewalk (not in car; social distance tape marks will be utilized)
- All staff and students must sanitize hands at the end of class
- Leaving the classroom
  - FLIP IT OUT - Start It Out students must sit in chairs in lobby until instructors releases students one at a time; gymnasts must remain in their chairs in gym until coach releases student one at a time; put street shoes on while in lobby before exiting; dance classes will dismiss first
  - DANCE IT OUT - Instructor will instruct students to enter lobby, take off shoes, instructor will release to parents one at a time
- Student should grab dance bag, sit in chair and wait until the instructor instructs you to enter the lobby (be sure to follow social distance tape marks)
- Put street shoes on and put dance shoes inside dance bag
- Check out with the attendant

#### Bathroom breaks

- Ask permission to use bathroom
- Attendant will lead you to the bathroom
- Wash hands for 20 seconds

#### Snack breaks

- Must be in lobby and must use social distance tape marks

#### Making a payment:

- Option 1 (preferred): parent portal
- Option 2: use the US mail (PO Box 492, La Crosse, VA 23950)
- Option 3: send in envelope with student and give to attendant
- Option 4: call studio and pay over the phone
- Option 5: call studio and attendant will take payment

#### Parents:

- Keep your child home or attend Zoom class if your child has been sick or running a fever. Please wait until your child is fever free for 24 hours (unassisted by medication) before returning to class.
- If your child has been directly exposed to Covid, please attend Zoom meetings and not live classes.
- Talk to your student about social distancing

- Remind your students to not hug classmates or instructors; or hold hands
- Remind student to “cover” when sneezing or coughing
- Encourage students to use hand sanitizer or wash hands regularly
- Remind students not to touch face
- Review new protocols with students so they know what to expect
- Must sign release of notice of protocols/waiver of risks

#### Observation:

- We will continue to zoom classes and parents can view classes through the live stream (classes recordings will not be saved)
- Start It Out parents can view from the sidewalk out of the dance studio

#### Instructors

- Must maintain social distance throughout class
- Wearing a mask is recommended
- Instructor will Lysol barres, ledges, door knobs, music station, props, mats between classes
- Instructors will make sure students use hand sanitizer at the end of classes
- Instructors will make sure hands are washed if they become contaminated (sneezing, coughing)
- Limit use of props, partner work, and hand holding

#### Daily cleaning

- Spray frequently touched surfaces with Virex at the end of each night (door knobs, counters, chairs, mats)
- Steam mop floors at the end of each night
- Alcohol wipes are to be used when needed to clean surfaces such as bathrooms, mats, door knobs, and props

#### Weekly cleaning

- Cleaned every Wednesday by a professional cleaning service

#### Signs posted:

- In each bathroom... reminder to wash hands
- At front doors.... Masks recommended
- Throughout classrooms... reminders for instructors to clean
- Throughout classrooms.... COVID warnings
- Protocols to be posted on website and on front doors
- Protocols to be emailed to families



# THINGS YOU NEED TO BRING TO DANCE CLASS

REUSABLE WATER BOTTLE



HAND SANITIZER



DANCE BAG



MAT FOR FLOOR WORK



TOWEL



DANCE BAG TAG



DANCER



PARENT



## Barre Sleeve

- Paper Towel Roll
- Duct Tape
- Slice Down Middle



- Slip Over Barre
- Spread Fewer Germs!

# Good hand washing takes 20 seconds, or the time it takes to sing Happy Birthday twice.



facebook.com/NYSDOH  
twitter.com/HealthNYGov

## Stop Germs! Wash Your Hands.

### When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



### How?



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

**CLEAN HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, CDC, and Bepko. HHS/CDC does not endorse commercial products, services, or companies.

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**CAUTION**



**MASKS  
RECOMMENDED**

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**HELP STOP THE  
SPREAD OF COVID-19**

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK; AND INDEMNITY AGREEMENT ("AGREEMENT")**

I represent that I understand the nature of this activity and that I am qualified, in good health and in proper physical condition to participate in such activity. I acknowledge that if I believe event conditions are unsafe or I am unable to safely perform any activity, I will immediately discontinue participation in the activity.

I fully acknowledge, understand, appreciate and agree, that this activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the Releasees named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in the activity.

I further acknowledge, understand, appreciate and agree that my participation may result in possible exposure to and illness from infectious diseases, including, but not limited to, MRSA, Influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of the releasees or others, and assume full responsibility for my participation and exposure.

I hereby release, discharge, and covenant not to sue your business, it's administrators, directors, agents, officers, volunteers, employees, contractors, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of the premises on which the activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, damages, on my account caused or alleged to be caused in whole or in part by the negligence of the RELEASEES or otherwise, including negligent rescue operations and further agree that if, despite this release, waiver of liability, and assumption of risk, I or anyone on my behalf, makes a claim against any of the RELEASEES, I will indemnify, defend, and hold harmless each of the RELEASEES from any loss, liability, damage, or cost, which any may incur as the result of such a claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, and I understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law. I agree that if any portion of this Agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed name of participant(s): \_\_\_\_\_

**PARENTAL CONSENT** I, hereby covenant and promise that I am the minor's parent and/or legal guardian, and on behalf of myself and the minor, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I further understand the risk of exposure to injury and/or infectious diseases, for myself and my child, as a participant, spectator at events, classes or our presence at the facility. I hereby release, discharge, covenant not to sue and **AGREE TO DEFEND, INDEMNIFY AND HOLD HARMLESS** each of the RELEASEES from all liability, claims, demands, losses or damages on the minor's or my account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including, but not limited to injury, negligent rescue operations, and/or exposure to infectious diseases and I further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above RELEASEES, I **WILL DEFEND, INDEMNIFY, AND HOLD HARMLESS** each of the RELEASEES from any litigation expenses, attorney fees, loss liability, damage, or cost which any RELEASEE may incur as the result of any such claim.

Dated: \_\_\_\_\_

Dated: \_\_\_\_\_

\_\_\_\_\_  
Printed Name of Parent/Legal Guardian

\_\_\_\_\_  
Printed Name of Parent/Legal Guardian

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Signature of Parent/Legal Guardian