

LA ROCHE ACADEMY OF DANCE – 1ST PHASE OF RE-OPENING

(Updated 8/2/2020)

While La Roche Academy of Dance will be adhering to the **COVID19 Guidelines & Restrictions set forth by the Government & CDC**, they are not a guarantee to stop COVID19. Everyone is encouraged to follow the CDC guidelines in their daily lives as well!

GENERAL:

*Maximum Class Size of 10 People / *Building capacity limited to 1 person for every 120 sq. ft.

*Anyone experiencing symptoms of COVID-19 will not be permitted in the building.

If your dancer or anyone in your family has a fever or is experiencing illness, please stay home.

*Online Zoom Classes will also continue to be available on a “By Request Basis”, for anyone not yet comfortable with returning in-person or adhering to the safety measures.

If your dancer would like to attend virtually via Zoom, please contact us to let us discuss this option.

SANITIZING:

*Everyone will be required to wash/sanitize their hands before & after participating in class, & throughout class as needed.

*Teachers will sanitize any used equipment (cubbies, doorknobs, sink/toilet handles, barres, props, etc.) between every class.

*Dance Floors will be cleaned daily.

*The studio has been deep cleaned prior to reopening, and some areas (props, bookshelves, etc.) have also been covered with drop-cloths. Please do not touch these.

SOCIAL DISTANCING:

*EVERYONE must maintain social distancing at all times: before, after, & during classes both Inside and Outside the studio.

*Social Distancing marks will be taped down on the sidewalks for Dancers/Parents waiting outside.

*Social Distancing marks have been taped down throughout the studio for entrance pathways, cubby zones, and for dancing.

FACE MASKS:

*All Staff, Parents, and Dancers Ages 11 & up will be required to wear a mask while in the building before, after, & during class.

(This current Mask Order is tentatively in effect through August 15th, 2020.)

We will implement dancing outside, where masks may be removed, depending on the logistics and necessity of the class.

For dancing outside, we will maintain social distancing and use “child at play” road signs & parking cones.

*Please note: The nature of Dance involves movement, and while we will strive to always keep everyone 6 ft. apart, the wearing of masks will also provide a crucial safety measure in accounting for movement by dancers and through the enclosed air space.

VENTILATION:

*To aid in ventilation, windows will be open, 2 new floor fans will be on, and interior doors will remain open.

(Exterior doors will only be open during class entrance/exit times, for various reasons.)

GUIDELINE CHANGES:

*We will continue to update these guidelines with any adjustments or developments to the restrictions & protocol.

DANCER CHECKLIST:

ARRIVE WEARING:

*Face Mask (Age 11 & Up only)

*Hair Secured Up

*Dance Class Attire

(please try to arrive ready for your class, to minimize changing in the bathroom)

(When applicable for costumes:

Attire must include a leotard & tights

(or fitted top/bottoms) that can remain on when trying on costumes)

*Please be sure to go to the bathroom at home, before coming to the studio. This will minimize bathroom use, especially for dancers that only have 1 class/day.

WHAT TO BRING:

*Dance Bag/Backpack that will fit in the Cubby (11”x11”)
(No bags permitted on the floor)

*Filled Water Bottle

(No food may be eaten inside the building.)

*Bath Towel & a Disposable or Washable Bag

(The dancers will use their towel to sit on for floor stretches & trying on costumes.

Towels will be placed in the disposable/washable bag when finished with them.)

*Ziploc or Toiletry Bag for your Face Mask

(for masks being removed when applicable.)

DANCER PROTOCOL:

BEGINNING OF CLASS TIME:

- *Upon arrival, you may either stay in your car or wait at the social distancing markers on the sidewalk.
- *When the teachers are ready for dancers (after sanitizing before each class), they will open the Lobby Door.
- *Once instructed to do so, dancers will ENTER through the normal single LOBBY DOOR.
- *The teacher will guide 1 DANCER AT A TIME to enter.
- *The dancer will proceed to the "X" at the Sanitizing Station, or to the sink to wash their hands.
- *Dancer will then proceed to the "X" at the Studio A door, & remove their shoes
- *There are 2 "Cubby Zones", each outlined in Green. Once the previous dancer has left a Cubby Zone, the dancer may enter the Dance Room and place their belongings in a cubby.
- *The dancer will then put on their Dance Shoes, & Sanitize their hands again at the cubby.
- *The dancer will then stand on an available "Blue X" & wait for class to begin.
- *Dancers will follow social distancing throughout their class.

END OF CLASS TIME:

- *Dancers will wait on their "X".
- *The teacher will open the Studio B Double Doors for exit preparation.
- *The teacher will guide the 2 dancers at a time to gather their personal items (1 dancer for each Cubby Zone).
- *Then 1 at a time, that dancer will proceed to the Studio B Double Doors, where they will change into their Regular Shoes & Sanitize their hands.
- *That dancer will then EXIT out the STUDIO B DOUBLE DOORS.

PARENTS:

*The Lobby will be closed. This is necessary in order to:

1. Maintain the maximum capacity allowed / 2. Follow government restriction to "close off all lobby & gathering areas".
(*Younger dancers in the combo classes may have a parent accompany them to set up at the beginning of class, and to pick up at the end. **Parents must wear a mask when inside the studio***)

*Parents must be responsible for a safe pick up. Dancers will EXIT the studio from the DOUBLE DOORS.

*Parents may meet their dancer on that sidewalk.

(*Outdoor seating/benches will NOT be sanitized between classes, so please use/sanitize at your own discretion.*)

*Parents of younger students may be asked to enter individually (with masks on) to help their dancer with exit procedures.

*Please help your child ahead of time to know and understand the process and rules.

Practicing wearing their mask at home will be extremely beneficial, as they will continue to be more comfortable with them.

Hopefully the requirement will be short lived. Together with parents & teachers providing positive support, we will make it through!

TEACHERS:

- *Teachers will wear masks at all times.
- *Teachers will use & teach proper hygiene & social distancing
- *Teachers will sanitize any used equipment between classes (cubbies, doorknobs, sink/toilet handles, barres, props, etc.)
(*Please note this will take a few minutes, after the previous class has exited.*)
- *Teachers will facilitate use of floor markings (X's), and will instruct patterns allowing for social distancing when dancing.
(The "Blue X's" are the main marks to use while dancing. They are more than 6 ft. apart, to allow for body space. The "Pink X's" can also be used for formation changes, as applicable & at the teacher's discretion.
Dancers will all be on Blue X's or all be on Pink X's at a given time, not a mixture of both.)

RECITAL COSTUMES (When applicable):

- *Costumes & Tights will be handed out during classes.
- *Older dancers will try on costumes at the studio.
(Over dance attire, and on their towels to keep items together & clean)
- *For younger dancers that will need help with costumes, we will either just send the costumes home, or we may have parents come in to help their dancer (depending on attendance size for each class).
- *We will not be able to Steam costumes for you, due to the situation. Please be sure to hang costumes up at home.
For wrinkles, you can use a steamer or an iron with a steam function, or spray them down with water & smooth them out.

WELCOME BACK DANCERS!
WE'VE MISSED YOU SO MUCH, AND WE CAN'T WAIT TO SOCIAL DIS-DANCE WITH YOU!



-LOVE, YOUR LRAD TEACHERS/FAMILY