



COVID-19 Policies & Safety Plan

To keep students and families safe throughout the COVID-19 pandemic, we outlined additional policies and safety plans that families must sign on to in order to participate in on-site programming at ALDEN MOVES Dance Theater. These policies have been updated effective June 2022. We always go over these with your dancers at the start of camps and classes, but you must also go through them with your dancer in advance so they are advised and prepared for all changes.

COVID-19 policies still in effect:

Exposure:

1. For faculty/staff/company dancers notified of COVID exposure in a masked and distanced situation (not closer than 6ft for 15min or more over a 24hr period) in the last 7 days and no symptoms, presenting a negative rapid from the morning they are due at the studio can be accepted for in-person work in place of a PCR. Testing again on a rapid 3 days later required to affirm the first negative result. Studio should be notified of any exposure immediately upon receipt of notification. Parents will be notified of the nature of the exposure if it involves a teacher or staff member their dancer works with so they can better determine whether they are comfortable with their dancer attending class in-person or prefer that he/she participate on Zoom.
2. For individuals notified of COVID exposure in an unmasked and/or undistanced situation (closer than 6ft for 15min or more over a 24hr period) in the last 7 days, testing and immediately notifying the studio upon notification of exposure is required. If contact was through a family member or significant other, a PCR taken a minimum of 3 days from exposure will be required to return to the studio, whether boosted or not. The individual should quarantine from the studio until a negative PCR has been received. In other situations, depending on the nature of the exposure, we may follow a testing policy similar to the NYC DOE's in which individuals must test, provide proof of a negative test, and monitor for symptoms in order to continue in-person participation or teaching.
3. To differentiate between COVID and other similar symptoms, individuals without known exposure may present proof of a negative rapid test to come into the studio and must present proof of a 2nd test 3 days later if symptoms persist to continue in-person participation. In cases of exposure and subsequent symptoms, individuals must take a 5 day (from the onset of symptoms, which is to be considered Day 0) absence from the studio—even in cases of a negative COVID test—but may participate via Zoom.

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4. *If COVID Necessitates Absence, Additional Make-up Classes Will be Available and Should be Taken Advantage of.* We are no longer offering classes via Zoom.

5. Individuals under age 21 who test positive should continue to quarantine from the studio for a full 10 days. Faculty or other studio staff will quarantine for 5 days from the date of their positive test. Taking a rapid test on the day of their return is recommended for ease of differentiating between future COVID positivity or other symptoms as well as better determining COVID status in cases of future exposure.

Symptoms: Dancers or staff members who are coughing or showing flu-like symptoms MUST stay home. A dancer or staff member running a fever will not be permitted into the facility.

Note: COVID symptoms mirror those of colds, flus, and allergies. If dancers are observed to be symptomatic while at the studio and we do not have proof of a negative COVID test from that day, we must call their parents to pick them up or to bring a test. Symptoms we are on the lookout for are coughing, fever, sneezing, runny nose, sore throats, headaches, tummy aches, shortness of breath, and any strained breathing during mask wear.

Daily Health Screenings requirements have been discontinued but may be necessary again in the future.

Sneezing & Frequent Handwashing: Students should keep a tissue on them at all times so they have something at the ready to sneeze into if the need arises. They should throw the tissue away and immediately wash their hands for 20 sec before resuming the activity at hand. We have ample hand sanitizer on-hand but will give students the opportunity to wash hands in between activities and classes as well. Although frequently touched surfaces are regularly sanitized by staff, students should not touch items around the studio (books, toys, art supplies, ballet barres etc.) unless instructed to by a teacher.

Drop-offs: Dancers should arrive at least 5min and no more than 10min in advance for class. We are not currently doing temperature checks. Please be prepared to social distance from the family being signed in when you arrive or any other families who may also be waiting. Students and parents or other caregivers must be wearing masks, and to eliminate lobby congestion, parents/caregivers will not be able to enter the facility. A staff member will open the door for your dancers. Dancers should never touch the door directly. Students will use hand sanitizer at the door.

Departures: We plan to go back to pick-ups at the studio's front door, which is why both timely arrivals and departures will be more crucial than ever this year.

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Student Stations: Rather than utilizing studio coat racks and cubbies, dancers will leave all belongings at stations placed within the studio and 6ft apart. This will eliminate the need for dancers to be in the same place at the same time as well as cut down on common surfaces. Dancers should take their shoes off on arrival, and drop their belongings off at their station. They can change at their station and wait for class to begin. For camps, we will have an activity book at stations to give dancers something to keep them occupied while they wait, but they are also welcome to bring their own quiet activity as well. .

Spotlights: We use dots to ensure dancers safely stand 3ft or more apart. It is absolutely imperative that dancers not play with or move these. This can be tempting for younger dancers, but the ability to stay on one's spot is a prerequisite for attendance.

"Choreographed" Transitions: Transitions between activities and within classes will be choreographed in a way that dancers can maintain social distancing. Dancers should be prepared for the extra waiting time required to send students through entrances or exits one at a time or to places in line to go "across the floor." They should also be prepared to hang at stations for the few minutes staff members may need to wipe down the floor, mats, tables, chairs, or barres.

Mask Use in Public Space: This is recommended but currently not required, which is why we have students and teachers continuing mask wear inside the studio.