



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 November 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:

Mask Use: Mask use will continue to be strongly encouraged when recommended by CDC and/or NYC and NYS guidelines, but masks are no longer required for those individuals who are symptom-free with no known exposure in classes. As a precaution as well as a courtesy to classmates and studio faculty/staff, anyone experiencing cold or flu-like symptoms, allergies, or even a sore throat are asked to wear a mask or take an absence and make-up the class while symptoms persist.

Exposure:

1. Any individual notified of COVID exposure (proximity closer than 6ft for 15 min or more over a 24hr period) in the last 7 days should test in an abundance of caution even if experiencing no symptoms. The studio should be notified of any exposure immediately upon receipt of notification. Parents of dancers who would have had contact with the individual will be notified if they test positive.

2. Individuals with a COVID positive family or household member must test, provide proof of a negative test, and monitor for symptoms in order to continue in-person participation or teaching. They should wear a mask while at the studio for a period of 7 days from the last date of exposure.

3. To differentiate between COVID and other similar symptoms, individuals without known exposure may present proof of a negative test for each day they will be at the studio 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.

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.

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5. Individuals who test positive should quarantine from the studio for 5 days. 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.

Student Stations: We are starting to return to the use of lobby shoe cubbies and coat hooks, though we still prefer that dancers put dance shoes on and remove any extra layers inside the studio at an assigned station. Dancers should take their regular shoes off on arrival, and bring their belongings to 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 except when they are lining up. 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.

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"Choreographed" Transitions: Where applicable, 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 in crowded places like the train or theater but currently not required.

Finally, all everyday studio rules--including but not limited to wearing hair (and bangs/wispies!) pulled neatly back in a bun or ponytail, no hanging on the barres, no playing in the curtains, no touching the piano, no going behind the back counter, and using the bathroom before class starts--remain in full effect. These have always been important rules safety-wise for students as well as the space itself, but with the threat of COVID they are now even more important than ever before.