

COVID-19 Safety Plan

Rising Tide Irish Dance Academy

Community Members

Dancer Expectations

Dancers must use the provided hand sanitizer upon entering the building.

Dancers must follow coach's instructions at all times.

Please do not enter if you have a fever, chills, cough, shortness of breath, sore throat, or other COVID-19 symptoms.

Coach Expectations

Coaches must use the provided hand sanitizer upon entering the building.

Coaches will sanitize all high touch surfaces between classes.

Coaches will assist dancers in maintaining social distancing at all times and when entering and exiting the building.

Coaches will not enter the building if they have a fever, chills, cough, shortness of breath, or sore throat.

Arriving at the studio

Dancers are asked to arrive at the studio with clean hands and will be provided with sanitizer upon entering.

Dancers must arrive in their dance clothing (with hair pulled tightly back). There is no access to the Change Room and the washroom will not be used as a change room at this time.

Dancers will enter through the front door and exit through the back door (with the help of a coach).

Dancers should wait to enter the building until the front window sign reads *Clean*.

When arriving, a coach will direct dancers to one of six seats in the Community Room. Once those spots are filled, dancers should line up and wait outside the studio (red rocks mark socially distanced line spots).

Dancers are required to bring a bag for all their personal belongings (including coats and outdoor shoes) that will remain on a designated marker throughout the class. There is no access to the Change Room at this time.



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Entering and exiting

Dancers should wait to enter the building until the front door sign reads *Clean*.

When arriving, a coach will direct dancers to a seat in the Community Room. Once those spots are filled, dancers should line up and wait outside the studio (red rocks mark socially distanced line spots).

Dancers must use the provided hand sanitizer upon entering the building.

Parents must arrive in the parking lot 5 minutes prior to the end of class to ensure dancers can leave immediately after class.

When leaving the studio a coach will walk the dancers through the back door (maintaining social distance) to meet parents in the corner of the parking lot.

Dancers in the last class of the day may exit out the front door.

Studio

Studio Procedures

All high touch surfaces will be cleaned before and after all classes. This includes but isn't limited to:

- Door handles
- Taps and toilet handle
- Chairs

Physical distancing

The Community Room has designated seats which dancers will use before entering the studio.

The studio has designated dancing squares taped to allow dancers to practice safely. Dancers will remain in these squares while practicing any drills.

While performing a full dance, dancers will dance one at a time while the rest of the class waits on designated spots.

No equipment that requires hand touching will be used at the studio for the time being (yoga blocks, resistance bands, etc.).

When leaving, dancers will walk in a socially distanced line around the building to meet parents in the parking lot.

Washroom Procedures

Dancers are asked to use the washroom at home to limit the use of the in-studio washroom.

Only one dancer will be allowed to leave the class to use the washroom at a time.

Washrooms are for dancer and coach use only.



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Class scheduling

Class times have been changed minimally to allow time for entering and exiting safely, as well as to allow time for cleaning.

Conditioning and technique classes will continue on Zoom.

For the time being, the cost for private lessons has been reduced to \$45. Anyone hesitant about group classes or wanting to maximize studio time can book a private lesson.

Dancers can continue to rent the studio (and will be required to follow the COVID-19 Studio Rental Guidelines).

Additional notes

The Community Room is not open to parents and siblings at this time. Only dancers will be permitted to enter the building.

Hand sanitizer will be available throughout classes as needed.

Dancers will not be permitted to fill their water bottles using the water cooler or sink at this time. Please send water bottles filled and multiple water bottles if your child often drinks more than one while at class.

Dancers should use a water bottle with an easy access spout or straw to minimize the need for dancers to touch the mouthpiece.

Dancers must have their hair tied tightly back to minimize the need to touch their face. Braids and ponytails work well (and when in doubt use two elastics).

Dancers who can't tie their own shoes should arrive to the studio with their shoes on and tied by a parent, or have their laces replaced with elastic.

Masks are not required but dancers can wear masks when not dancing if desired. Masks cannot be worn when participating in class.

