

Frequently Asked Questions

Can I wait in the Community Room while my dancer is in class?

No. To ensure the safety of our dancers and coaches only dancers will be allowed to enter the building. The Community Room will not be open to parents or siblings at this time.

I'm nervous about not coming into the studio with my dancer, how will I know they're safe?

There will be a coach waiting in the Community Room ready to greet dancers as they arrive. We would recommend arriving no earlier than 10 minutes before your class to ensure the coach is ready; if a dancer arrives while another class is running, we cannot guarantee a coach will be waiting in the Community Room. Please also be sure not to let your dancer into the building until the sign on the window says *Clean*.

How will you maintain social distancing before and after class?

We have marked six seats that are 2 metres apart in the Community Room. As dancers arrive, a coach will assign them to one of those seats. Once all six seats inside are taken, dancers should line up outside to ensure social distancing can be maintained. We've marked social distance spots with red rocks outside the studio. If there are no outside spots available, dancers should wait in their car.

When class ends, a coach will lead the dancers out the back door of the studio (turning left towards the road) to the parking lot where dancers can meet their parents. Another coach will stagger dancers' exit from the studio to encourage social distancing on the walk. The coach who led the line will stay in the parking lot until all dancers have been picked up.

How will you ensure dancers maintain social distancing while dancing?

We have marked spots in the studio, and each dancer will be assigned a spot at the beginning of class. This is where dancers will keep their things, where they'll take water breaks, and where they'll wait for their turn to dance if we're doing full dances that require maximum floorspace. We've also marked spaces on the floor dancers will use to practice and drill their routines. Along with these markings our coaches will do everything they can to maintain social distance, however; we'd ask you to please speak with your dancer about maintaining social distance at the studio. While classes will run differently than they have in the past, they will still be engaging and fun.

Where will I meet my dancer at the end of class?

At the end of each class, a coach will lead dancers out the back door of the studio and around the building to the parking lot. We'll lead dancers along the grassy area next to the building on the same side as the road (though well back from the road). Parents can meet their dancer at any point along that grassy strip (provided they maintain social distance from coaches and other dancers). A coach will stay in the parking lot until all dancers are picked up. Please arrive in the parking lot 5 minutes before the end of class to ensure a speedy pick-up. Dancers in the last class of the night can enter out of the front door.

What if my dancer forgets their water bottle or runs out of water?

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. If a dancer forgets their bottle or runs out of water, we will have emergency bottles of water available (but these shouldn't be consistently relied upon).

My dancer can't tie their shoes, what should I do?

Dancers who cannot tie their own shoes must arrive at the studio with their shoes tied. We'd recommend putting their shoes on in the car and slipping outside shoes over them for the walk from the car to the studio. If a shoe comes untied during class, that dancer can dance in their socks (though knowing how much our younger dancers love dancing in their socks, we're not going to widely publicize that fact!). Alternatively, you can replace the laces in their shoes with a long elastic (the ends can be tied together) so your dancer can easily loop the elastics around their feet without risk of it coming untied.

Can we still rent the studio?

Yes, dancers can rent the studio any time it's not in use. Review our COVID-19 Guidelines for Studio Renters to be sure you understand what will be required of you when renting the studio.

What about private lessons?

Yes, we're still offering private or semi-private (two dancers) lessons. We'll follow our entrance and exit guidelines to ensure social distance is maintained. However, during private lessons, one parent (or bubble member) may stay in the Community Room during the lesson. Private lessons are discounted to \$45/hour for summer.

My dancer wants to use some of the sports equipment (e.g., resistance loops and bands), can we do that?

Absolutely, but on your own time. If your dancer wants to sign out a piece of sports equipment for their exclusive use, speak to Laura. Dancers may sign out resistance bands, resistance loops, yoga blocks, or front click resistance aids (champ class only). Items will need to be returned to Rising Tide (when will be TBD). If you lose or damage anything you borrowed, you will need to replace it.

Dancers will not be able to use equipment that requires touching it with their hands during lessons or rentals.

If I have an important question or something to discuss with Becky or Laura, can I come in?

No. We're doing everything we can to minimize who comes into the Community Room and studio. However, if you do have a question, we're happy to meet you in the parking lot to chat or talk over the phone.

- **Becky:** 902.221.7492
- **Laura:** 902.440.6894

Alternatively, you can email us at info@risingtideacademy.ca.

Can my dancer wear a mask while not dancing?

Yes. We're doing everything we can to minimize the number of people in the studio and expect everyone will be able to be socially distant at all times. But, you or your dancer can wear a mask before class starts and when it's finished if it makes you more comfortable. However, please be sure you have a way to safely store the mask when it's not in use. We'll make sure dancers wash or sanitize their hands before they take masks off (or put them back on). Dancers will not be allowed to wear masks while they are participating in class.

Can my dancer wear gloves at the studio?

No. Infectious disease experts have determined that wearing gloves in public does not reduce the risk of spreading COVID-19. In fact, research has shown that because people often wear the same set of gloves everywhere they go, wearing gloves can transmit germs from one location to another, which could do more harm than good. Dancers that arrive to the studio with gloves will be asked to remove them.

What if my dancer must miss class because they're ill or because of travel?

Our standard payment policy is in place. If you're concerned about missing class because of illness or travel plans, consider paying by drop-in fees. We'll also continue to monitor public health guidelines; if travel requirements change, we will update our requirements that those who travel out of the province avoid class for 14 days upon return.