



2020-2021 Guidelines

We are excited to welcome back our dancers for the 2020-21 dance season. We have already started to prepare for the fall, and our goal is to start in-person classes in September. However, due to the uncertainty of COVID-19, we are also making contingency plans should we have to move back to a virtual platform. Because of this we want to be clear that by registering for classes this year, you acknowledge and understand that classes may be a mix of in-person and virtual throughout the season. With that in mind, we will not be issuing refunds for classes that may be switched from in-person to virtual, and visa versa. Please note, we may implement a 50% rule in whether a class runs in-person or virtual; meaning that if at any point we do not have at least 50% of the registrants in-person, we may move the class to virtual. We are committed to everyone's safety and understand that there will be some families who are not yet ready to send their dancer to in-person classes. For those individuals, we will offer a virtual option to attend class while others are in-person. For more information, please see the Company Parent Handbook.

On June 22, the State of Illinois released Phase 4 – Revitalization – of the Restore Illinois plan. Based upon both Phase 3 and Phase 4 guidelines, we have put together this informational guide on how we will be running in-person dance classes this season.

For more information on Phase 3 guidelines, please visit the Illinois Department of Economic Opportunity (DCEO) document on <https://dceocovid19resources.com/restore-illinois/restore-illinois-phase-3/youth-sports-phase-3/>. For more information on Phase 4 guidelines, please visit <https://dceocovid19resources.com/restore-illinois/restore-illinois-phase-4/youth-and-recreational-sports-guidelines/>.

GENERAL GUIDELINES

1. Staff and participants must have a face covering with them at all times.
2. While indoors, all staff and participants must wear secure face coverings over their mouth and nose and follow 6-ft distancing. This includes entering/exiting the facility and studios, hallways, common areas, and bathrooms. Floor decals and tape will be used throughout the facility and in the studios to help maintain 6-ft distancing.
3. Staff and participants will be required to use hand sanitizer when entering and exiting the studio.
4. Face coverings will be required while dancing. Mask breaks will be provided as needed. During these breaks, staff and participants must refrain from talking.
5. Class sizes will be limited to 10 participants.
6. Water bottle refill stations will be available. Push button drinking fountains will be turned off.
7. The dressing room will be closed.

WHAT TO BRING TO CLASS

1. Face Covering
2. Water Bottle
3. Hand Sanitizer
4. Dance Shoes/Attire

DANCE STUDIOS

1. Tape/floor decals will be used on the floors in each studio to mark appropriate distancing guidelines.
2. Each studio will be provided hand sanitizer and disinfecting wipes.
3. Whenever possible, studio doors will remain open and propped and fans will be used to increase air flow.

DANCER BEHAVIORS

1. Dancers are asked to limit the amount of personal belongings brought to class.
2. When possible, dancers are encouraged to come to class with their leotard/tights under their clothing.
3. Dancers who have a 15-30 minute break between classes will be permitted to wait in the Atrium however no supervision will be provided. They will need to wear a secure face covering over their mouth and nose and maintain 6-ft distancing. While eating, dancers will be allowed to remove their face covering.
4. Dancers who have a 30+ minute break between classes will not be permitted to wait in the facility. Those dancers will be asked to leave the facility and return once their next class begins.

BATHROOMS

1. Bathrooms will be shared spaces. In order to limit exposure, floor decals/tape will be utilized to indicate 6-ft distancing while waiting in the hallway and for bathroom stalls. The capacity for the group bathrooms is max 3 persons, and individual bathrooms are max 1 person.
2. Proper handwashing (20 seconds or longer) will be required after bathroom use.

DROP-OFF/PICK-UP PROCEDURES

1. Drop-off/pick-up will be completely contactless.
2. Only participants and staff will be allowed into the facility.
3. In all cases, drop-off/pick-up will be conducted outdoors.
4. Traffic flow inside the facility will be limited. Entryways will be designated; there will be only one way to enter the Atrium and studio area and only one way to exit.
5. Drop-off will be outside the main entrance.
 - a. Participants may not be dropped off earlier than 5 minutes prior to the start of class.
 - b. Participants ages 6 & under will be greeted by a staff member at the front door. Please ensure a staff member is present before driving away.
 - i. If a participant is going to be late (under 10 minutes), please inform the Studio Office.

- ii. Due to this year's circumstances, participants who will be 10+ minutes late will not be accepted into class.
 - c. If a parent/guardian would like to walk their participant to the front door, they will be required to park their vehicle in a parking spot in the Park District parking lot (not CorePower Yoga and Dunkin Donuts). This will ensure the flow of traffic is not blocked.
- 6. Pick-up will be outside the back entrance.
 - a. Participants must be picked up promptly after the end of class.
 - b. Participants ages 6 & under will be escorted by a staff member to the back door.
 - i. Due to this year's circumstances, if a participant is not picked up within 5 minutes after the conclusion of class, they will be brought back into the facility. The person(s) picking up the participant will need to contact the Studio Office once they arrive. If a participant is consistently picked up late, the Park District may impose a "Late Fee" of \$25 for every 15 minutes or portion thereof.
 - c. If a parent/guardian would like to pick up their participant at the back door, they will be required to park their vehicle in a parking spot. This will ensure the flow of traffic is not blocked.

DISINFECTING/CLEANING PROCEDURES

1. Cleaning and disinfecting of the studios and facility will be performed according to CDC guidelines.
2. Hand sanitizer and sanitizing stations will be available. Each studio will be given their own supply of hand sanitizer to use.
3. Common areas and surfaces will be disinfected frequently.
4. Studios will be disinfected between classes whenever there is a changeover of students.
5. All studios will be disinfected before the next day's classes.
6. Shared objects and equipment will be disinfected before and after use.

HEALTH MONITORING

1. All staff and participants will be required to complete a wellness screening self-assessment before arriving on-site each day. A copy of this assessment can be found at the end of this document.
2. Any staff or participant who is exhibiting one or more COVID-19 symptoms will be prohibited from attending class.
3. If a staff or participant exhibits one or more symptoms, they should inform the Park District and follow these procedures.
 - a. If they are getting tested, share the results with the Park District.
 - i. If the test comes back positive, see #7 below.
 - ii. If the test comes back negative, they may return when at least 72 hours have passed since all symptoms have resolved (without the use of pain/fever-reducing medication), no new symptoms have developed, they can reply "no" to all items on the Wellness Screening Questionnaire, and they have a "Return to Dance" doctor's note.

- b. If they are not getting tested, they can return when at least 10 days have passed since onset of symptoms, they have been fever-free for at least 72 hours (without the use of pain/fever-reducing medication), respiratory symptoms have improved and all other symptoms have resolved, they can reply “no” to all items on the Wellness Screening Questionnaire, and they provide a “Return to Dance” doctor’s note.
 - i. **The Park District is aware minor symptoms may not indicate COVID-19. A doctor’s note clarifying the individual has a history of a symptom or that a symptom is unrelated to COVID-19 may allow the individual to return to the Park District sooner. These situations will be handled on a case-by-case basis with the Park District administration.
4. If a staff or participant lives with a person who has developed symptoms of COVID-19, the staff or participant is not to attend in-person programming for at least 72 hours to monitor for symptoms or until testing indicates a “negative” result. All situations will be handled on a case-by-case basis.
5. Any staff or participant who has had close contact with any other person who is diagnosed with COVID-19 should quarantine for 14 days after the last/most recent contact with the infectious individual and seek a COVID-19 test at a state or local testing center, healthcare center or other testing locations.
6. If a participant exhibits signs during dance class, staff will remove and isolate them and call a parent/guardian for pick-up. If the parent/guardian is not available, the staff will call the individuals provided on the participant’s acknowledgment form which will be sent out to each participant prior to the start of the program. The Park District asks that parents/guardians provide individuals who can make it to the facility for pick-up within 30 minutes.
7. If a staff or participant is identified as being COVID-19 positive by testing, the following will occur:
 - a. Local health officials, staff, and participants will be notified immediately of any possible case of COVID-19 while maintaining confidentiality consistent with privacy laws.
 - b. Cleaning and disinfecting will be performed according to CDC guidelines.
 - c. All staff and participants should be alert for signs of COVID-19 by watching for symptoms such as fever, cough, or shortness of breath and by taking their temperature if symptoms develop.
8. A staff or participant who has been confirmed with COVID-19, may not return until:
 - a. They have isolated at home for a minimum of 10 days after symptom onset AND
 - b. They have been feverless and feeling well (without fever-reducing medication) for at least 72 hours.
 - c. OR they have two negative COVID-19 tests in a row, with testing done at least 24 hours apart.
 - d. In all cases, the Park District will require a doctor’s note to return to dance.

REFUNDS

Full refunds will be issued for any class cancelled by the Park District. Participants may request refunds for classes up to 5 business days before the first class. Refunds received with less than 5 business days

notice will only be issued for a medical problem, when accompanied by a doctor's note. Due to COVID-19, refunds will not be issued if classes are switched from in-person to virtual, and visa versa.

WELLNESS SCREENING SELF-ASSESSMENT

Below is the questionnaire referenced in the beginning of this document. All staff and participants will be required to self-assess everyday before arriving to class. If a staff or participant answers yes to one or more of the questions, or if they have been exposed to a person known to have COVID-19, they may not come to class.

Wellness Screening Questionnaire

Name:

Date:

Yes No

- Have you felt feverish?
- Do you have a cough?
- Do you have a sore throat?
- Have you been experiencing difficulty breathing or a shortness of breath?
- Do you have muscle aches?
- Do you have congestion or a runny nose (e.g., not related to allergies)?
- Have you been experiencing fatigue?
- Have you had a new or unusual headache (e.g., not related to caffeine, diet, or hunger, not related to a history of migraines, clusters, or tension, not typical to the individual)?
- Have you noticed a new loss of taste or loss of smell?
- Have you been experiencing chills or rigors¹?
- Do you have any gastrointestinal concerns (e.g., abdominal, pain, vomiting, diarrhea)?
- Is anyone in your household displaying any symptoms of COVID-19?
- To the best of your knowledge, have you or anyone in your household come into close contact² with anyone who has tested positive for COVID-19?

¹ Rigors: a sudden feeling of cold with shivering accompanied by a rise in temperature

² Close contacts include household contacts, intimate contacts, or contacts within 6-ft. for 15 minutes or longer unless wearing N95 mask during period of contact.