

Updated December 20, 2020

Guidelines in place for classes at Pure Energy Dance Co.

As of Nov 27th, we are allowed only 8 students in a class. A hybrid schedule has been emailed to students in classes that have to be split and follow a hybrid schedule of alternating on-line and in-person classes.

The safety of our students, teachers, and dance families is our number one priority! We want to minimize the risk of COVID-19 transmission and therefore, guidelines are in place for us to follow. To keep the studio operational, we ask for everyone's cooperation in following these guidelines.

We recognize that some students and parents may be experiencing some anxieties regarding COVID-19, returning to activities, and the need for health and safety guidelines. We want to ensure you that while we are following these guidelines to keep everyone healthy and safe, we will be doing so in a positive and friendly way so that all students and parents feel comfortable and at ease. If you have any questions regarding these guidelines, please contact us at any time.

Please note: Since things can change from week to week, we may have to make changes to these guidelines. We remain flexible in how we can offer services to accommodate the guidelines we will be expected to follow. These guidelines are relevant to what information we have available as of December 20th, 2020.

If you are sick, please stay home

Students, employees, and any public will not be allowed to enter the studio if they are showing any signs of illness.

In addition to showing signs of sickness, you will not be allowed to attend classes or enter the studio if you have travelled outside of Canada in the past 14 days, recently travelled to a location known to have elevated cases of COVID-19, or have been in contact with someone who has or is suspected to have COVID-19.

Alleviating traffic in our studio

To control the number of people inside our studio, only students are allowed in our studio. As much as we love our parents, during this time, we ask that you do not come into the studio. Students are to be dropped off no earlier than 5 minutes before class and picked up no later than 5 minutes after class. There will be someone at the door upstairs to see that each student gets to their class safely.

*Exception is parents of children 6 and under – one parent/guardian may bring their child into the front foyer where the teacher will take them to class. We will allow only parents of 3 and 4 year-olds to stay inside the studio if necessary, socially distancing themselves on the benches. It is preferable that parents leave the studio once the teacher has brought your child into the classroom and return to pick up your child at the front foyer no later than 5 minutes after class. The teacher will bring the children out to you and will not leave them unattended at any time.

The use of masks is mandatory in all public spaces.

All students and parents entering our studio must wear a mask. Students are required to wear a mask during their class and we will allow mask breaks periodically. We ask that everyone supply their own mask.

Masks for our teachers

All our teachers will wear a mask at all times while inside the studio.

Offering Zoom classes in addition to in-person classes

For those who are not comfortable attending in-person classes, many classes will be available via Zoom at the same time as the in-studio class. The prices will be the same for online classes since teachers are offering the same quality dance education and there are equipment and subscription costs associated with offering online classes.

Adjustments to classes and the schedule as needed

We may need to make some adjustments to our schedule as guidelines change.

Students moving from one class to another *3 metre distance as of Nov 27

Students must always follow the social distancing rule of staying 6 feet apart from others and must not block the entrances, exits and hallways. Floor markings will show proper distancing.

Students who must wait at the studio in between class times *3 metre distance as of Nov 27

Whenever possible, students should be picked up in between class times instead of staying at the studio. If this is not possible, it is very important that students understand they need to distance themselves from other students while in the studio. Changerooms are closed for the time being and washrooms are not to be a place of congregating. Students can sit on the benches which will be marked 6 feet apart. If students bring a book or homework to the studio, they must be kept in their bag when not in use and these items, along with pens, pencils, etc. are not to be shared with others.

Online payment for classes is available to encourage no-contact payment.

We ask that all families **pay online for their classes**. This is available through your Dance account you set up when registering for classes. This is a secure way to pay. You select "Edit Payment Information" and enter your credit card or visa debit number. Families can choose to:

- a. Select Autopay in which monthly fees will be automatically charged to your credit card or visa debit on the first of each month (September's Autopay will be processed Sept. 12th).
- b. Process the payments yourselves on the first of each month by selecting the "Pay Now" option on your Online Dance Account.
- c. We can process a credit card or visa debit payment over the phone. Email us with this request and a phone number to reach you at.
- d. We are here to help! If you need assistance setting up autopay or processing the payment yourself, please email us. We can call you or answer questions via email.

For those who need to come to the office to make a payment, please call when you arrive at the studio and we will let you know how we can accommodate you.

Sorry, we are currently not accepting e-transfer due to the uninsurable nature of this transaction.

Our debit machine has a tap option and will be cleaned after each use.

We installed a plexi-glass barrier at the front desk.

Hand Sanitizers and Washing hands

Everyone who enters the studio must use hand sanitizer. Dancers must use hand sanitizer before entering each studio classroom.

Hand sanitizer is available at each door entrance, outside each studio and outside each bathroom.

We encourage students to wash their hands with soap and water frequently while at the studio.

Anything brought from home must be sanitized and must stay in the dancer's dance bag.

Cleaning and Sanitizing of the studio

Teachers will be disinfecting and cleaning all contact areas in between each class (barres, door handles, stereo equipment, mats). If the floor is being used during the class in which bare skin is in contact with the floor or bodily fluids have been dispersed, floors will be washed between classes.

The front office staff will be cleaning high contact areas, including bathrooms throughout the night.

For Acro classes, we will provide individual mats to students and these mats will be cleaned after each class.

Aerial classes are postponed until January and will be offered as a 10-week session class. For Aerial classes, students will be asked to sanitize their hands and feet (using a spray) before they enter the classroom – no exception. Masks must be worn during the class. Silks will be sprayed with sanitizer at the end of the night and laundered regularly.

Studio classroom doors will remain open during class

Studio classroom doors will be kept open as the virus can spread more easily in enclosed spaces. This also eliminates having to touch doorknobs, though these will be cleaned after every class.

Reading materials, toys and other communicable items removed from the studio

We will no longer have any reading materials such as books and magazines or studio information binders available. Toys and any other items from home will not be allowed in the studio.

Come dressed for class – Changerooms are closed

Students are expected to come dressed for class, carrying only their personal bag for their shoes and jacket. There will be no changing room access. Students will bring their bag into the studio classroom and place them where directed.

For students who have back-to-back classes, they will be allowed to wear the leotard they are dressed in for their first class for all other classes following that day. No changing necessary. Students can bring other dance clothes to layer for subsequent classes if necessary.

Changeroom coat hooks unavailable

During winter months, when students have jackets, students will be required to store their jackets in their own personal bag so please make sure your bag can properly store it. If possible, children should leave their jacket in the car when they are being dropped off (they can wear a lighter coat or sweater which can be easily stored in their dance bag). Boots and shoes can be left on the shoe rack, but please make sure the name is visibly marked on the shoes so they don't get mistaken for someone else's.

Wear your hair in a bun

All students with long hair are asked to wear their hair in a bun for each class. Experts don't know how long the virus stays on hair therefore, it is important that hair is not moving around in the air and students should not be touching their hair during class.

Water bottles allowed, but please sanitize upon entry

Anything brought from home must be sanitized for it to be allowed in the studio. Water bottles must be clearly labelled with the dancer's name on it. Please fill your water bottles at home and sanitize your water bottles at the front door! Please only use non-spilling, non-leaking water bottles since these need to stay in the dancer's bag. Ensure the bottle is easy to drink from (to avoid water being spat out of the mouth).

Cell Phones

No cell phone usage in the studio. If cell phones are brought in, they must be kept in the dancers' personal bag. Please sanitize them before you come to the studio.

Maintaining a Safe Social Distance * 3 feet distance and 10' boxes as of Nov 27th.

The hallway floors and benches are marked throughout the studio to ensure social distancing.

We have taped 6'x6' personal squares onto the floors in each studio. Each side of the square will be a different color to make it easier to direct our young dancers. The middle of each square will be marked.

Ballet barres will be marked 6 feet apart.

Down the room progressions can still be done, keeping students 6 feet apart. For example, 2 students, 6 feet apart, travel down the room, while others stand along the side of the studio, 6 feet apart, waiting for their turn.

We will make every effort to keep our students at a safe distance from others during all classes.

Teachers will be using a hands-off approach in class and will focus on giving students verbal cues.

For Acro classes, we have purchased individual mats for students to use and these will be placed 6 feet apart.

No hand-held shared props

For the time being, we are not using hand-held props during class. This will prevent any germs being spread from one dancer to another. The only exception is if props are used individually in the class and can be sanitized after use.

Bathrooms are for toilet use and washing hands only

No loitering in bathrooms. No changing in bathrooms. We need to keep this space strictly for "business".

No use of fans in the studio

Since fans can blow and spread droplets around, we will not be using fans for the time being. We can still use air conditioning.

No sharing of food and drinks at any time

Parents, please let your children know that they should not be sharing food and drinks with their friends.

Thank you for your cooperation with these guidelines.

If you have any questions regarding these guidelines, please contact us at any time.

Yours in Dance,

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