



# Self-Administered Health Screen & Procedures

Please answer the following health screen questions each day before you come to practice. The most concerning threat to an organized sports team is rapid spread within the group. Effective containment depends on early symptom identification, removal from practice (isolation), and strict guidelines regarding return to practice. Please note, this form is for your family's personal use. You do not need to bring this form to practice.

If you had any of the following symptoms in the past 24 hours, please remain at home and do not attend practice until you are symptom free for 72 hours. If practical, go to a testing facility to be assessed.

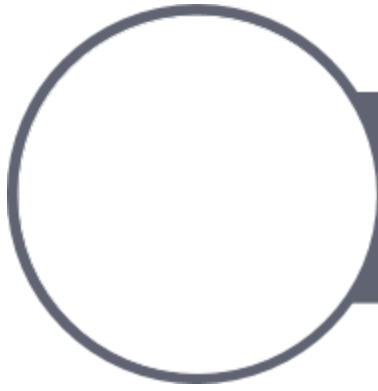
- *Unexplained rash*
- *Diarrhea*
- *Vomiting*
- *Cough*
- *Shortness of breath/difficult breathing*
- *Fever*
- *Chills*
- *Unexplained Muscle pain or body aches*
- *Sore Throat*
- *New loss of taste and/or smell*

Assuming you have a personal thermometer at home, please conduct a temperature check each day before coming to practice. If your dancer's temperature exceeds 100 degrees, please remain at home and do not attend practice until your temperature is normal for at least 24 hours. If practical, go to a testing facility to be assessed.

**Have you tested positive for COVID-19 or otherwise been diagnosed with COVID-19 within the last 14 days?** If you answer yes, all three of the following are required before return to practice: a minimum of 14 days of self-quarantine, 72 hours with no symptoms, and a subsequent negative test. Testing and results must be reported to the coaching staff to monitor contacts and early signs of transmission within the team or group.

**Have you had close contact within the last 14 days with someone who has COVID-19 (Note: Close contact is defined as within 6 feet for more than 10 minutes per CDC guidelines.)?** If you answer yes, to return to practice, the dancer should have no symptoms for 72 hours and no additional close contact with the infected individual. In addition, they should have a negative test OR self-quarantine for a minimum of 14 days.

**Have you had close contact within the last 14 days with someone who has any of the above symptoms? (Note: Close contact is defined as within 6 feet for more than 10 minutes per CDC guidelines.)** If you answer yes, to return to practice, the dancer should have no symptoms for 72 hours.



# Roadmap to Reopening

Just For Kix has a long-standing reputation of excellence when serving our families and how we treat our students. Our motto has always been and continues to be, “we treat our students as we would want our own children treated.”

Just For Kix has prepared the following information with direction from the CDC, MDH & OSHA’s guidelines to ensure the safety of all employees and participants for our return to dance protocol.

## Core Requirements

### *Social Distancing*

Only participants and staff who undergo daily health screenings (see attachment) are allowed into the facility. **No observers will be permitted.**

All must maintain a social distance of at least 6 feet from non-family members at all times, in and out of the main practice space.

### *Zero Contact*

We will strive to maintain a zero-contact environment. This means zero contact from person to person, from person to shared equipment and minimal, controlled contact with facility surfaces.

Participants must arrive wearing proper dance attire with no extraneous equipment or clothing. Locker rooms/changing rooms and water fountains will remain closed.

Dancers have no need to touch anyone or any equipment throughout the practice. We will refrain from using props or other dance equipment until further notice.

### *Practice Space*

All participants will be assigned a designated practice area during practice time following recommended guidelines. Dances will be allowed (1) bag and (1) water bottle to be placed in front of their practice space. Practice spaces do not intermix with each other in any way.

All participants are contactless (outside of immediate family members), maintaining a distance of at least 6 feet at all times. Use of personal fans & facility fans are not permitted to be used at any time until further notice.

### *Health Etiquette*

Daily health checks and temperature checks must be performed prior to arrival. (See attachment entitled “Self-Administered Health Screen & Procedures”.)

As of July 27, 2020

# Practice Guidelines

## *Arrival & Entry*

Each participant should arrive in their dance attire (may be covered with a light jacket/sweatshirt) and is permitted to have 1 dance bag that must be able to fit all personal items they bring with them to practice such as dance shoes, water bottle, hand sanitizer, etc. Dancers will place their dance bag in front of their practice space.

Dancer's will enter through the designated entrance 5 minutes prior to the start time of practice. Please do not enter the building earlier than 5 minutes.

Parents dropping off participants will walk their dancer to the entrance door and wait in their cars until practice is over. Only parents of preschool dancers are allowed into the school during class time. Parents will be required to wear a mask while maintaining a 6 foot distance if they choose to wait in the hallway.

Dancers should wash their hands/sanitize hands upon entering the facility. Hand sanitizer will be provided upon entry to class and exiting.

Dancers will enter through the door facing 242 (Main Street) and Exit the side door towards the parking lot to create a one way flow of traffic in our practice space.

## *Safe Dancing*

Each participant will wait at their designated dance space which follows social distance guidelines until class is ready to begin. Dancers are permitted to bring a prefilled water bottle labeled with their name into the dance room. No food allowed. Participants will not be allowed to share anything.

Dancers & Staff are to maintain social distance throughout the duration of practice. Dancers have no need to touch anyone or any equipment throughout the practice. We will refrain from using props or other dance equipment until further notice.

All staff will wear a protective face mask and/or face shield. For the safety of staff and fellow dancers, participants are encouraged to wear a mask. **We will follow guidelines set forth by Anoka Hennepin School District #11 relating to COVID 19 responses in the schools.**

Dancers must wear shoes at all times. Socks and bare feet will not be permitted.

Dancers should use the bathroom at home prior to arrival at practice.

## *Departure*

Dancers may be expected to assist in disinfecting their personal practice space prior to leaving practice. Hand sanitizer will be provided as they exit class.

Participants will exit through designated exit doors and wait for their ride outside while maintaining social distance guidelines. It is recommended that all dancers wash their hands and/or sanitize them after completing class, change out of their dance clothes and shower when they get home. See CDC guidelines for best practices.

# Cleaning & Disinfecting

Hand sanitizer will be provided by JFK while hosting classes.. Dancers are encouraged to wash their hands before and after each class. We recommend dancers also have their own personal hand sanitizer in their dance bag.

JFK will work with building personnel to determine cleaning protocols while at Roosevelt Middle School.

All dance spaces and equipment will be sanitized after each class with the help of all participants before their departure.

Common spaces will be cleaned and sanitized with the help of building personnel during their normal building sanitation schedule.

# Back to Dance Waiver

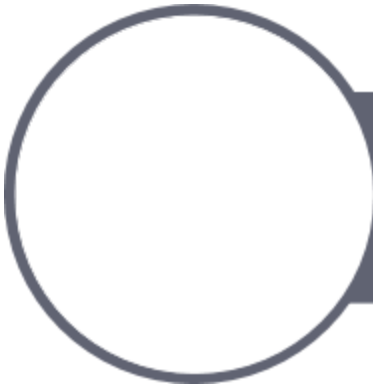
*All dancers attending Just For Kix dance classes will have signed and agreed to the waiver detailed below:*

Just For Kix, from here on known as JFK, has put in place preventative measures to reduce the spread of COVID-19; however, JFK cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending JFK could increase your risk and your child(ren)'s risk of contracting COVID-19.

By registering for class and sending your dancer to class, you acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that your child(ren) and family may be exposed to or infected by COVID-19 by attending JFK and that such exposure or infection may result in personal injury, illness, permanent disability and death.

By registering for class and attending class, you understand that the risk of becoming exposed to or infected by COVID-19 at the facility may result from the actions, omissions or negligence of yourself and others, including, but not limited to, JFK employees, volunteers and other program participants and their families.

By registering for class and attending class, you voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to your child(ren) or yourself, including, but not limited to, illness, damage, loss, claim, liability or expense of any kind, that you or your child(ren) may experience or incur in connection with your child(ren)'s attendance at JFK practice or participation in JFK programming ("claims"). On your behalf, and on behalf of your children, you hereby release covenant not to sue, discharge and hold harmless Just For Kix, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. You understand and agree that this release includes any Claims based on the actions, omissions, or negligence of JFK, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any JFK program.



# Staff Procedures

*Staff play a key role in ensuring the safety and health of our dancers, families and all employees. Please use the following protocols as a guide to running safe practices.*

*In addition to the following guidelines below, we expect that all staff monitor and oversee the procedures laid out for all dancers in the above document.*

## ***General Guidelines***

- We require that all staff take their temperature before and after each in-person shift and follow the guidelines of the SELF-ADMINISTERED HEALTH SCREEN & PROCEDURES document. Any instructor with a temperature over 100° F should stay home from class.
- Wash hands before and after each class. Use hand sanitizer when necessary.
- All staff must wear face masks.
- Bring your own water bottle. Drinking fountains will not be used.
- Staff must have shoes on at all times.
- When dancers arrive, staff will help direct dancers to their designated practice space.
- Only staff will be permitted to use their phone/music device during practice.
- Do not use props or other dancer tools such as stretching blocks, mats, etc until further notice.
- Measurement and uniform distribution procedures to be determined at a later date.
- Personal fans & facility fans are not permitted to be used at any time until further notice.

## ***Cleaning Protocol***

Just for Kix will work with building maintenance personnel to determine what is expected to be executed for sanitation while practicing at Roosevelt Middle School.

- Sound systems/cords and light switches should be sanitized at the end of each shift.
- Barres and other dance equipment should not be used until further notice. When used, all equipment must be wiped down after each use.
- Ensure that dancer's wipe down their dance space and area where they keep their belongings at the end of each practice.