



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 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 which are regularly sanitized and disinfected after the departure of each group.

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 such as mats and stretching blocks until further notice.

Practice Space

All participants will be assigned a designated practice area within the studio following recommended guidelines as well as a space to store personal belongings during practice when they arrive to the studio. 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”.)

Practice Guidelines

Arrival & Entry

Each participant arrives 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. Dancer's will have an assigned area to store their bag that corresponds to their assigned dance area.

Dancer's will enter through the designated entrance when a staff member comes to let them in. Please do not enter the building earlier than your class time.

Parents dropping off participants are encouraged to wait in their cars until practice is over. The lobby/viewing area will remain closed to all spectators until further notice.

The entrances of the building and studios will be propped open for easy access.

Dancers should wash their hands/sanitize hands upon entering the facility.

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 such as mats and stretching blocks until further notice. **Dancers are welcome to bring their own stretching blocks from home if they would like.*

All staff and dancers will wear a protective face mask for the safety of staff and fellow dancers.

Dancers must wear shoes or socks at all times.

Dancers should use the bathroom at home prior to arrival at practice. One bathroom will remain open at the studio for emergency use if needed.

Departure

Dancers will be expected to disinfect their personal practice space as well as the area where their belongings were kept in the lobby before leaving the building.

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 at the conclusion of practice, change out of their dance clothes and shower when they get home. See CDC guidelines for best practices.

Cleaning & Disinfecting

Hand cleaning stations will be available at the studio. 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.

Staff will be provided a checklist of cleaning protocols to follow at the end of each shift. Staff will complete their cleaning and disinfecting protocols following regular programming or as a need presents itself. Staff will not clean the facility (with the exception of overseeing sanitation of floor spaces and other items to be wiped down by each participant) between programming during the day but will be present in the buildings for any further needs.

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

Common spaces such as bathrooms and the lobby will be cleaned and sanitized at the end of each day.

Back to Dance Waiver

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 or socks on at all times.
- When dancers arrive, staff will help direct dancers with where to put belongings and assign them a designated spot in the studio.
- Only staff 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

- Door handles of the main entrance and exit doors as well as the doors of each studio must be sanitized after each class.
- 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.
- One staff member will clean and disinfect all open bathrooms at the end of the day (Toilet, sink, soap dispenser, door handles, light switches) as well as the office door handles.
- As needed, staff will empty trash cans and bring bags to the dumpster.