



# 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 page 1) are allowed into the facility. No observers of dancers in 2-12<sup>th</sup> grade will be permitted in the building until further notice.

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. Masks should be worn in common spaces and when social distancing is not possible.

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 within the studio following recommended guidelines. 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.

### *Health Etiquette*

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

As of August 21<sup>st</sup>, 2020

# Practice Guidelines

## *Arrival & Entry*

Each participant arrives in their dance attire (may be covered with a light jacket/sweatshirt) wearing a mask and is permitted to have 1 dance bag/bin 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 bring their dance bag into the studio for their class.

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. Dancer's must wear a mask in all common spaces. Masks can be taken off and put in their dance bag when class begins.

Lobby Area: ONE parent of preschool dancers is allowed to bring them into the studio and remain in the lobby should they need you. ONE parent of K-1<sup>st</sup> grade dancers may enter the studio and stay with your dancer until class starts. Once their class begins, we ask that you wait in your car until their class is over. Parents of 2<sup>nd</sup> grade+ dancers should drop off participants and are encouraged to wait in their cars until practice is over. The lobby/viewing area will remain closed to spectators and tables/chairs will not be available in the viewing area. Parents may come in to ask questions, purchase items from our store, etc but are not able to "hang out" in the lobby area.

The entrances of each studio 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. Participants will not be allowed to share anything.

Dancers 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. *\*Dancers are welcome to bring their own stretching blocks & bands from home if they would like.*

All staff will wear a protective face mask/shield. For the safety of staff and fellow dancers, participants are encouraged to wear a mask.

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. Bathrooms will remain open at the studio for emergency use if needed and will be cleaned/sanitized at the end of each day.

## *Departure*

Dancers may be asked to disinfect their personal practice space as well as the area where their belongings were kept before leaving the building.

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.

*As of August 21<sup>st</sup>, 2020*

# Cleaning & Disinfecting

Hand cleaning stations will be available at the studio and hand sanitizer will be available at the entrance door of each 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.

# COVID Symptoms/Positive Cases

In addition to the self-wellness checks, we ask that before entering the building, no one in your household has been recently diagnosed with or has come in close contact (less than 6 feet apart for more than 15 minutes) with a positive case of COVID within the last 14 days.

Should your dancer or anyone in your household test positive for COVID-19, we ask for prompt notification. Participants should discontinue participation until cleared by a doctor to resume or if they meet the CDC guidelines for being around people after a COVID-19 diagnosis/direct exposure.

If a child has tested positive and we are notified, we will also notify their class via email. Our faculty is also following strict precautions on when to call into work and get a sub for a short period of time. Therefore, you may notice a different teacher from time to time.

# Facility Guidelines

## *Lobby/Waiting Area*

During the school year season, our lobby will be open for preschool-1<sup>st</sup> grade parents only. This means that any dancer above age 7 should be dropped off and picked up at the designated entrance/exit and parents should not enter the building.

For dancers under age 5, one parent per dancer can be in the lobby to keep our lobby safe at its capacity. We ask that there are no siblings over an age who can be held or sit on a lap in the lobby if possible. We are asking that parents in the lobby properly social distance their chairs.

Parents of K-1<sup>st</sup> grade dancers will be permitted into the studio to wait with their dancer, help them change their shoes, etc. Once their class starts, we advise parents to wait in their car until the child's class is over to minimize the amount of people in our lobby area at one time.

*As of August 21<sup>st</sup>, 2020*

### *Drop off/Pick Up*

Please respect our parking lot flow and drop off lane. If you are not entering the building with your dancer, please drop them off in the drop off lane closest to their entrance. Please do not park or wait in the drop off lane for any time or use this lane to pick up your dancer. When picking up, park in a parking space and wait for your dancer to come out of the building so that the parents of the next class can efficiently use the drop off lane to drop off their dancer. For young dancers, we recommend coming to the main entrance to meet your dancer when their class is over and walk them to your vehicle.

As always, follow the one way flow of our parking lot and DRIVE SLOW and CAUTIOUSLY as there are young children walking in and out of the lot at all times of the day and night.

## State Department of Health

### *Youth Sport Guidelines*

Just For Kix is staying up to date with local and state restrictions and guidelines as we navigate through this time.

We will make decisions daily to ensure the safety of our students, families and staff. We will continue to update our families with changes via email and our website.

Just For Kix will do our part to keep dancers safe. We are continuously reviewing State Health Department guidelines as well as networking with public school colleagues. In addition to staying up to date with how schools are maneuvering the school year, we are also following guidelines for local and youth sports with practical prevention strategies.

## 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.

*As of August 21<sup>st</sup>, 2020*