



Self-Administered Health Screen & Procedures

Please answer the following health screen questions each day before you come to dance 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. Just For Kix has prepared the following information with direction from the CDC, MDH & OSHA's guidelines to ensure the safety of all employees & dancers for our return to dance protocol.

Core Requirements

Social Distancing

Only dancers and Just for Kix staff who undergo daily health screenings (see attachment) are allowed into the facility. No parents, sibling, or observers will be permitted inside the facility (Preschool parents, more details below). All will do their best to social distance from non-family members at all times, in and out of the main practice space. All staff and dancers must wear a face mask in the lobby.

Zero Contact

We will maintain a zero-contact environment. This means zero contact from person to person. We anticipate minimal contact with facility surfaces. Commonly touched surfaces will be regularly sanitized and disinfected after the departure of each group.

Participants must arrive wearing proper dance attire with no extraneous equipment or clothing. Water fountains will remain closed. The restroom will remain open however we are asking that all dancers use the restroom at home. Restrooms will only be used when necessary.

Practice Space

All participants will be assigned a designated practice area within the gym. All participants are contactless (outside of immediate family members), maintaining social distance. All staff and dancers must wear a face mask in the lobby. Due to the physical nature of dancing and instructing, masks are not required during class time. Dancers may wear a mask during practice if they wish. Dancers must wear shoes at all times. Socks and bare feet will not be permitted.

Health Etiquette

Daily health checks and temperature checks must be performed prior to arrival. (See attachment entitled "Self-Administered Health Screen & Procedures"). If at any time our staff has concerns about your dancer's health, we will call parent(s) and ask you to pick up your child at your soonest convenience.

Practice Guidelines

Arrival & Entry

Drop off and pick up will look a little different this year. In past years, families were allowed in the lobby area of the church. As mandated by our facility, the lobby/viewing area will remain closed to all parents, siblings, and observers until further notice. You are welcome to accompany your dancer on the side walk outside of the building or remain in your vehicle until we are ready for your dancer to enter. Dancers are welcome to enter the facility 5 minutes prior to the start time of their practice. Please do not enter the building earlier than 5 minutes.

Dancers, please arrive in you dance attire. One dance bag is permitted to fit all other personal items such as water bottle, dance shoes, jacket, hand sanitizer, etc. If possible, please have dancers wash or sanitize hands prior to enter the building. I will provide hand sanitizer inside the building.

NOTE: Preschool dancers are allowed **one parent** to enter the facility for drop off & pick up. A face mask must be worn during this time; no exceptions. Please enter the facility 5 minutes prior to class time and no sooner. Once dancers are in the building with the instructor, parents need to exit the building until it's time for pick up. If a dancer is experiencing difficulty leaving a parent, **one parent** may stay in the lobby while wearing a mask until the student becomes comfortable enough to enter the gym on their own.

Safe Dancing

Dancers are welcome to bring a prefilled water bottle labeled with their name. Water fountains will be closed. No food is allowed. 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 and dancers must wear a face mask in the lobby. Due to the physical nature of dancing and instructing, masks are not required during class time. Dancers may wear a mask during practice if they wish. 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. All staff and dancers are required to wash hands prior to re-entering the gym.

Departure

Drop off and pick up will look a little different this year. In past years, families were allowed in the lobby area of the church. As mandated by our facility, the lobby/viewing area will remain closed to all parents, siblings, and observers until further notice. Parents need to be diligent about arriving on time to pick up their dancer(s). Cones will be placed in the drive up so that parents and dancers can wait and continue to distance themselves. Once class is finished, staff & dancers will exit through designated exit doors. Parents, please make yourself visible on the side walk outside of the front doors. Your child will be dismissed once we see you on the side walk. For safety reasons, I cannot allow young dancers to wander out to find their parents in the parking lot.

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 sanitizer will be available for dancers upon arrive and exit from the building near the front doors. 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. Surfaces that are touched frequently will be disinfected after each class. Common spaces such as bathrooms and the lobby will be cleaned by facility staff.

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.
- 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 with where to put belongings.
- Only staff use their phone/music device during practice.
- Do not use props or other dancer tools 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.
- Staff member will clean and disinfect all common surfaces at the end of the day. (sink handles, soap dispensers, door handles, light switches)

As always, please reach out if you have any questions!

With Kix,

Alyssa Howe

Just for Kix Director – Brandon, SD

Brandon_SD@justforkix.com

As of August 11, 2020