

# Self-Administration 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   \* Fever
- \* Chills   \* New loss of taste and/or smell
- \* Unexplained muscle pain/body aches
- \* Shortness of breath/difficulty breathing   \* Sore throat

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.

# Roadmapping to Reopen

*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.

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 until further notice.

### **Practice Space:**

All participants will be assigned a designated practice area within the gym 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. (Daily health checks and temperature checks must be performed prior to arrival by parents at home.)

# 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 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 gym and place it in their assigned spot.

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.

Hall/Locker Room: ONE parent of preschool dancers is allowed to bring them into the gym and remain in the hall/locker room should they need you. ONE parent of K-1st grade dancers may enter the building 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 2nd grade+ dancers should drop off participants and are encouraged to wait in their cars until practice is over. The hall/locker room will be closed to spectators.

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 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 until further notice.

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. One bathroom will remain open for emergency use if needed.

## **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.

# Cleaning & Disinfecting

Hand cleaning stations will be available at the entrance of the gym. Dancers are encouraged to wash/use hand sanitizer 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.