



# 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.

**\*\* Please note that if a participant or immediate family member of the participant test positive for COVID-19 after attending class the director needs to be notified ASAP.**



# Mendota JFK COVID-19 Procedures

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 above protocol) are allowed into the facility. No observers will be permitted with the exception of ONE Pre-K dance parent if needed. We will strictly enforce this so keep in mind that means no siblings. We do prefer that you wait in your car if possible as we want to limit our contact and lobby space is limited.

The studio will be marked off to ensure social distancing is occurring as much as possible!

### *Zero Contact*

We will do our best 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 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, other dance equipment, & stretching blocks until further notice.

### *Practice Space*

All participants will be assigned a designated practice area within the studio following recommended guidelines.

All participants are contactless (outside of immediate family members), maintaining a distance of at least 6 feet as much as possible to limit contact.

### *Health Etiquette*

As of July 31st, 2020

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

# Practice Guidelines

## *Arrival & Entry*

Masks are required as dancers arrive and while they are in the lobby areas. Masks must be worn until dancers are in their dance space. Masks will be kept with dancers throughout class.

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.

Students must arrive **5 minutes** prior to class start. This is a prompt arrival time to allow us to stagger enter/exit. Please do not enter the building prior to 5 minutes before class start. A staff member will help guide dancers to a designated spot to wait for their class. Dancers will stay there until the previous class has left and the studio has been cleaned. Dancers will proceed into their studio WITH their belongings. Lobbies will be sanitized by staff on a schedule twice a night.

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

## *Safe Dancing*

Each participant will wait in their designated lobby with their mask on 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.*

Participants **will not be required** to wear a mask while dancing in their socially distanced area but must have their masks on their wrist or necks at all times in the instance they need to be worn! Please contact Coach Rachel if you would like to request that your dancers mask stays on for the entirety of class.

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 at the studio for those dancers with multiple hours at the studio as well as for emergency use.

## *Departure*

Practice areas will be properly disinfected prior to the next class entering.

Participants will exit through the main entrance immediately after class is over. We ask that parents wait in their vehicle until class is over to meet their dancer at the door as they are dismissed. We CANNOT wait with dancers when parents are late, this takes us away from teaching, and our cleaning protocol. If your dancer is picked up late you will be contacted.

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 July 31st, 2020*

# 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 supervise & assist in cleaning between classes & will be provided a checklist of cleaning protocols to follow at the end of each night.

Common spaces such as bathrooms and the lobbies will be cleaned halfway through the night as well as at the end of the day!

# Back to Dance Waiver

*This Back to Dance Waiver will be required to be signed prior to your dancers participation. We will have copies available at the studio.*

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 when interacting closer than 6 feet.
- Bring your own water bottle.
- Staff must have shoes on at all times.
- When dancers arrive, staff will help direct dancers & help enforce social distancing
- 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.

## Cleaning Protocol

- Door handles of the main entrance and exit doors as well as the doors of each studio must be sanitized half way through the evening or as the need arises.
- 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 once per night & 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.
- If a staff member observes any child showing signs they should contact the director immediately and proceed to taking their temperature using the studio thermometer.