



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 section entitled “Self-Administered Health Screen & Procedures”) are allowed into the facility. No observers will be permitted at this time. First Grade and younger are allowed to have a parent enter with them to help bring them to their spot in the classroom and can exit after their dancer is ready to start class. Please be sure to do the health screening on the parent and child entering.

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. Bathrooms for changing and water fountains will remain closed. When entering the church we ask that you wear a mask.

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 Ark or Fellowship Hall following recommended guidelines as well as a hook to hang personal belongings during practice when they arrive to the practice space. 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 section entitled “Self-Administered Health Screen & Procedures”.)

Practice Guidelines

Arrival & Entry

Each participant arrives wearing a mask and 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. Dancers will have an assigned area to hang up their bag that corresponds to their assigned dance area.

Dancers will enter through the main church door entrance once an instructor opens the doors to welcome them in prior to the start time of practice. Please do not enter the building without an instructor holding the door open to enter the facility. It will be within the 5 minutes prior to the start of their class time.

Parents dropping off participants are encouraged to wait with their dancer in their cars until the dancer has entered the church. The classroom and hallway area will remain closed to all spectators until further notice.

The entrances of the building will be propped open or held by an instructor for easy access at entry and exit times.

Dancers will sanitize hands upon entering the Ark or Fellowship Hall.

Dancers will be directed with signs and from instructor guidance as to what area to enter into, where to hang personal belongings and what designated dance area they will be assigned to them.

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 square. 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 will wear a protective face mask. For the safety of staff and fellow dancers, participants in Kindergarten on up will wear a mask on entry and exit of the class area. Dancers will not wear masks while dancing.

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 in each class area at the church for emergency use if needed.

Masks

Anyone over the age of five, upon entering the building should wear a mask at all times when they're in common areas unless you have an exception.

Since we are considered athletes we do not have to wear the while dancing but will put them back on to exit.

The mandate also allows our teachers to drop their masks to give instructions from an appropriate distance of 6 feet or greater which greatly increases classroom comprehension and we will continue to do so. When teachers move close to children they will put their mask up.

Let's give our best effort to be supportive of this change. The majority of us are able to mask up and it's no big deal. Most of our teachers have been "masked up" and teaching the past couple of months already. Let's be compassionate to the children who can't wear the mask. A small number of our friends cannot mask up for a variety of reasons. The mask mandate supports this therefore these dancers may remove their masks while properly distanced in common spaces.

As of August 27, 2020

Departure

Participants will use hand sanitizer prior to exiting the class area. Participants will exit through designated exit doors and wait for their ride outside while maintaining social distance guidelines.

It is recommended that all dancers change out of their dance clothes and shower when they get home. See CDC guidelines for best practices.

Cleaning & Disinfecting

Hand sanitation stations will be available in each class area at the church. Dancers are encouraged to sanitize 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 class. 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 for 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 hallways will be cleaned and sanitized at the end of each day.

COVID SYMPTOM POSITIVE CASES

On top of 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 19 within the past 2 weeks.

Should your dancer or anyone in your household test positive for COVID-19, we ask for prompt notification. Your dancers should discontinue in person participation until cleared by a doctor to resume or if your dancers 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 different teacher from time to time.

Facility Guidelines

Lobby/Waiting Area

During the school year season until further notice, our entrance area of the church will be open for 3 year old class thru first grade class parent only. This means that any dancer in second grade or above should be dropped off and picked up at the designated entrances/exits and parents should not enter the building.

For dancers under second grade, one parent per dancer can be in the entrance area of the church to assist in bringing your child back to the classroom for their dance class. We ask that there is only one parent per dancer to help escort them to the classroom. This is to help us stay at capacity for our facility. If you feel comfortable staying in the parking lot during the time your dancer is in class or leaving and coming back, either is acceptable.

Areas Not in Use

Some areas of our building are out of use this school year, until further notice.

We ask that your dancer arrive fully ready for class and bring their dance bag with any change of shoes into the church with them. We would like all dancers to bring their filled, labeled water bottle. The drinking fountain will be closed with the exception of refilling water bottles which will be allowed but discouraged.

Drop Off/Pick Up

Please respect our parking lot flow and drop off lane. If you are not entering the building with your dancer, we ask that you drop them off at the church entrance once the instructor has opened the front door. Please do not park in the drop off lane if you are entering the church with your dancer. If you are entering the church with your dancer we ask that you park in the center part of the parking lot and can either wait to enter when the instructor opens the door or we have X's on the sidewalk that you can social distance at until the door is opened.

Parents who are dropping off their dancers and plan on waiting in the parking lot until class is over, please find a parking spot in the center area of the lot and wait in your car. If you do not plan on waiting in the parking lot until class is over, you are more than welcome to leave and come back for pick up time at the end of your dancer's class time.

For pick-up please leave your car parked and meet your dancer at the designated exit door. This ensures all dancers are walking in the parking lot to their car with their parent. 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 all times of the day and night. Help us with safety.

STATE DEPARTMENT OF HEALTH

Youth Sports Guidelines

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

We will have daily decisions that need to be made to always ensure the safety of our students, families, and staff. We will continue to update our families with changes via this website and through email.

Just For Kix wants to do our part to help our dancers stay safe. We are constantly reviewing each State Health department guidelines as well as networking with public school colleagues.

On top of staying up with how schools are maneuvering the school year, we are also following guidelines for local and youth sports in your area, as they are updated as well as their initial document that outlines 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.

This waiver is now online to check that you agree to the terms. If you registered before August 15th, you will need to go into your account and check the box in order to participate. Thanks for logging in and taking care of this.

As of August 27, 2020

