



Addendum to UDA Parent Guide

Re: COVID-19

COVID Responsibility, Operational Changes, Precautionary Measures, and Communication



For the past 20 years, Utah Dance Artists has been known for setting a Standard of Excellence in quality, service, and programming. Our current circumstance has only amplified our desire to greater serve the health and safety of our students, dance family and community by following Best Practices and Recommendations from our local health department and Safer Studio Guidelines from our national industry association with “More Than Just Great Dancing”.

In addition to providing a safe environment for continued dance education during this global pandemic, our UDA teachers, admin, and customer care team members hope to provide a sense of normalcy, connection, and community for all children and families during this time.

Prior to the first day of class, parents must review the policies and protocol below regarding COVID Responsibility, Operational Changes and Precautionary Measures.

The information in this guide is subject to change based upon shifts in COVID climate, risk level and government mandates. Any modifications made to current UDA COVID policies and protocol will be communicated effectively through Monthly Newsletters, Wednesday Weekly Emails and Social Media Platforms.

COVID Responsibility

Parents should know the symptoms of COVID – 19 and not send their child to dance class if they are experiencing any of the following symptoms:

- Fever
- Cough
- Shortness of breath
- Diarrhea
- Sore throat/congestion
- Chills
- Muscle and joint pain
- Nausea or vomiting
- Loss of sense of smell
- Temperature over 100.4 degrees Fahrenheit
- Parents should also not send their child to class if they, or a member of their household has tested positive for COVID-19 in the last 14 days.

If a dancer tests positive for COVID-19, a parent should:

- Call and notify UDA
- Have their child stay home from dance and self-isolate until
 - 1) their symptoms disappear
 - 2) it has been at least 10 days since they first got sick or tested positive and
 - 3) they have been fever-free for at least 24 hours (this means not using any medication to lower their fever).

Self-isolate means staying as far away as possible from people, even in one's home (by using a different room and bathroom) and wearing a mask when one needs to be around people.

- **Have their child temporarily attend dance classes live from home, through UDA's tech enabled facilities.**

When a UDA dancer, teacher, or staff member tests positive for COVID-19, UDA will:

- Protect the privacy of the individual who tests positive for COVID as much as possible.
- Reach out to the dancer's teacher(s) or infected individual to ensure a **close contact exposure** did not occur during class time or at the studio (**close contact exposure** is defined as any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset until the time the patient is isolated).
- Notify all those who had a **close contact exposure** with an individual who tests positive for COVID.
- WILL NOT NOTIFY parents, teachers, or employees in the studio if an individual tests positive if they were not exposed.

If a dancer has a close contact exposure with a family member or friend from school or dance (but the dancer was not with this person 2 days prior to their illness onset), there is no need for the dancer to self-quarantine.

If a dancer has a close contact exposure with a family member or friend from school or dance (and the dancer was with this person 2 days prior to their illness onset) a parent should:

- Have their child stay home from dance and self-quarantine for 14 days from the last date of exposure. Symptoms of COVID-19 can appear 2-14 days after exposure; therefore, if one self-quarantines (stays home from school, extracurricular activities and from other people as much as possible), they are less likely to infect someone else without knowing it.
- Check their child for symptoms of COVID every day during the 14-day quarantine and if they start to get sick or have COVID symptoms, have their child self-isolate and tested for COVID-19.
- Have their child finish the 14-day quarantine even if they do not get sick or test positive for COVID-19.
- **Have their child temporarily attend dance classes live from home, through UDA's tech enabled facilities.**



ALL TEACHERS,
STAFF, PARENTS
AND DANCERS ARE
REQUIRED TO WEAR
A MASK INSIDE
UDA FACILITIES

- ▶ optional for dancers
18 months - kindergarten
- ▶ optional for dancers while
dancing in the classroom



Operational Changes

Arrival and Departure/Lobby Restrictions

To limit the number of people in each of our facilities the following protocol is temporarily in place:

- Only parents and dancers of Tippy Two's, Dance with Me, Preschool and PreK/Kindergarten can enter UDA through the front/main doors and into the lobby area.
- Parents of Levels 1- Advanced dancers are not allowed to wait for their child or observe their child's classes in the lobby area.
 - ▶ *parents can observe their child's dance classes LIVE through UDA's tech-enabled facilities.*
 - ▶ *parents may enter the front/main doors only to speak to a customer care team member.*
- **(SoJo Location Only)** Levels 1- Advanced dancers are not allowed to enter and exit the building through the front/main doors of the studio.
 - ▶ *dancers will enter and exit the studio using the individual studio doors that lead into in the parking lot area.*
 - ▶ *more information on this below.*

Drop-Off and Pick-Up For Dancers 18 Months – Kindergarten Applicable to both Draper and SoJo Facilities

- **All parents of dancers 18 months – kindergarten** should park their car, walk their child into the front/main doors of the studio and get them ready for dance class.
- **Parents who have preschool age dancers (3-4 yrs. old)**, who still need restroom assistance, must be available to help their child if needed and may choose to either return/wait in their car where if needed, can be notified via text or remain seated in the lobby by use of physical distancing markers.
- **Parents who choose to wait in the studio are strongly encouraged to keep other young children at home.** If this is not possible, parents and their young child(ren) must wait in a designated studio, while maintaining physical distance by use of a 6-foot physical distancing square.
- **Parents of pre-k/kindergarten dancers**, who use restroom facilities independently, are required to leave the building during their child's dance class and return to pick them up at the end of their (last) dance class.



Drop-Off and Pick-Up For Dancers 1st - 12th Grades

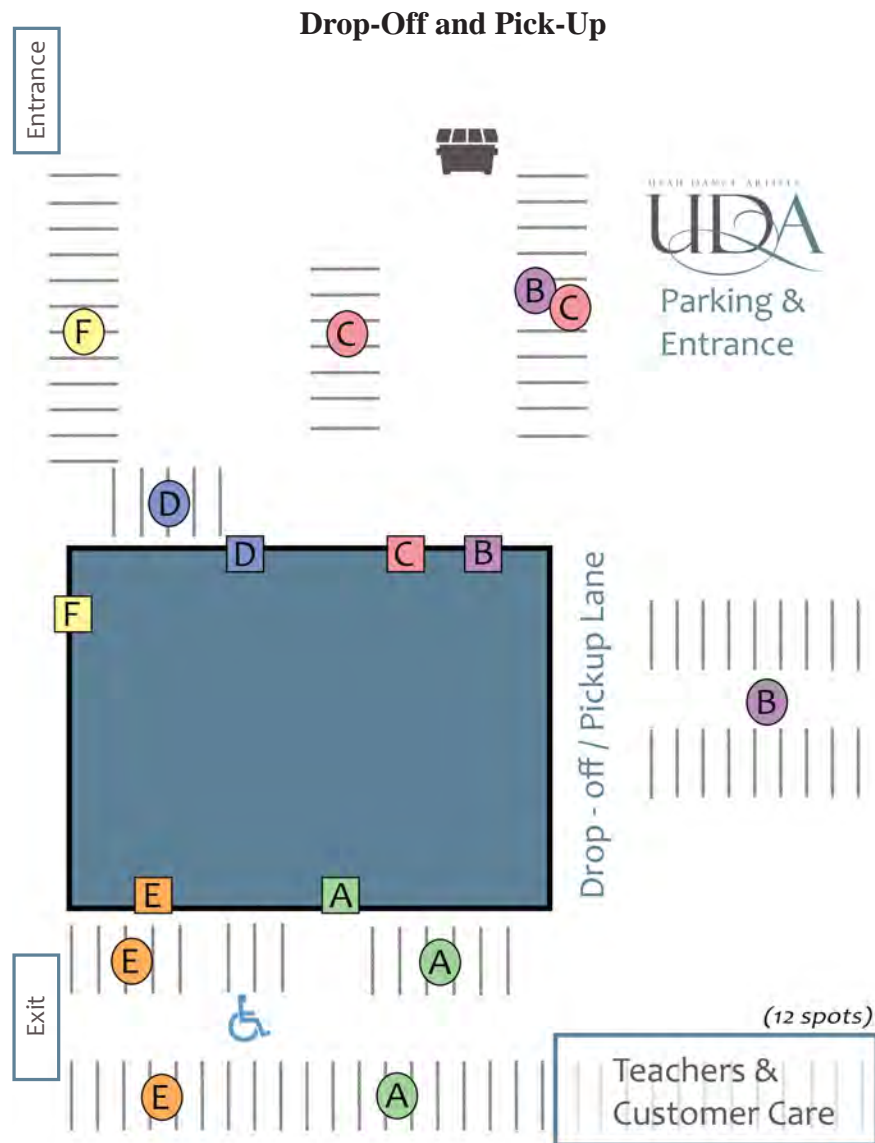
Applicable to SoJo Location ONLY

*Draper drop off – pick up will remain the same

- Dancers must be dropped off in the designated parking lot area, next to the studio where their first class of the evening is held.
 - ▶ *parents must arrive 5 minutes prior to the start of their dancer's class time.*
- Please refer to the South Jordan parking lot map to locate your child's appointed area. **located below this section*
- Teachers will use RED and GREEN emoji face signs to facilitate the entering and exiting of dancers from the studio to the parking lot area.



- Teachers will lift the RED emoji sign when students are exiting the studio and walking into the parking lot area, to indicate:
 - ▶ ALL VEHICLES MUST STOP – Dancers Crossing!
 - ▶ Parents must wait for exiting dancers to return to their vehicles and clear the parking lot area.
 - ▶ Dancers waiting to enter the studio must also remain seated in their vehicles.
- Teachers will lift the GREEN emoji sign when they are ready to welcome their next group of dancers into the studio, indicating:
 - ▶ Dancers in the next class can now exit their vehicle and head toward the building.
 - ▶ Vehicles may proceed WITH CAUTION; first, waiting for dancers to clear the pavement prior to exiting the parking lot area.
- Dancers must be picked up in the designated parking lot area, next to the studio where their last (*or only*) class of the evening is held. **parents must arrive 5 minutes prior to the end of their dancer's class time.*
- PARENTS MUST PICK UP THEIR DANCERS ON TIME.
- Dancers who not picked up immediately following their class will be escorted to the studio lobby where they can sit (*using a physical distancing marker*) and wait for their parents to pick them up.



Dancers Taking Multiple Classes a Night / Scheduled Breaks In-between Classes

- Dancers who take multiple classes a night will be allowed to use the lobby and hallways to transition from one class to another.
- If a dancer has a scheduled break in-between classes, they must wear a mask and remain seated in the lobby (using of a physical distancing marker) while waiting for their next class.
- Dancers in the lobby will not be allowed to roam the halls or congregate and socialize with other dancers who are waiting for classes.
- Dancers with scheduled breaks will be expected to bring homework or other quiet activities that can be done while staying seated in the lobby.



- Dancers may bring a healthy snack to eat in-between classes but are not allowed to share it with others.

- Dancers can temporarily remove their mask to eat if they keep a 6-foot distance from others, put their mask back on as quickly as possible and throw away all their trash.

- Parents of dancers taking multiple classes a night must pick up their child in the designated parking lot area, next to the studio where their last class of the evening is held. *parents must arrive 5 minutes prior to the end of their dancer's class time.

- Dancers will leave their last class of the evening by exiting the individual studio door that leads into the parking lot.

Tech-Enabled Facilities

Equipment

- Each of our 10 dance studios are equipped with wide lens cameras, providing a 90% view of the studio setting so dancers at home can feel more a part of the classroom experience.

- Every studio in our facility sports a wall mounted, large screen TV for teachers to easily view and correct their students who are participating from home.

- In every class, teachers will wear a lapel mic to ensure dancers from home can hear their voice as clearly as the students in the studio.

- Both of UDA studio locations/facilities have been serviced with a hard-wired internet connection to enhance internet speed, demolish digital interference, and increase virtual security.

Allowances

- 1) Provides a way for everyone to participate in dance classes this year; no matter one's comfort level, health situation, or individual or family circumstance.

- 2) Allows a seamless transition of services to provide security and keep students dancing throughout the year no matter current government mandates or risk level.

- 3) Gives parents a choice on how their child participates in dance classes this year; at the studio with classmates, join live from the comfort of home or transition between these options throughout the year.

- 4) Allows parents to log-in and observe their child's dance classes at anytime and anywhere.





UDA Prop Bag for dancers
18 months - kindergarten.

Precautionary Measures

Prior to Dancers Arrival

Getting Ready for Class

- ▶ COVID protocol temporarily suspends UDA restrooms to be used as dressing rooms.
- ▶ Dancers must get dressed in their dance clothes before arriving at the dance studio.
- ▶ Female dancers must have their hair in a ponytail or bun before arriving at the dance studio.

Preparing Your Dancer's Dance Bag

- Dance bags should only contain items needed for dance class and homework or a book (for those who have a break in between classes).
- All items in your dancer's bag should be labeled with their first and last name.
 - ▶ Due to COVID-19, UDA will be extremely selective of the items we hold on to - from those which are left at the studio
- We suggest all Tippy Two's – PreK/Kindergarten dancers use their "Prop Bag" as their dance bag to condense each dancer's belongings into one bag.
- Due to COVID-19, the following items should be added to your child's dance bag this year
 - ▶ **Water bottle labeled with your dancers first and last name** (filled with ice and water) COVID protocol temporarily suspends the use of studio drinking fountains.
 - ▶ **Drawstring shoe bag** **after they are removed, all street shoes will need to be stored in your dancer's dance bag* **recommended to keep the inside of your dancer's bag clean*
 - ▶ **1-3 clean face masks in a zip lock bag** **all dancers must have access to at least one additional face mask* **older/more advanced dancers who wear a mask in class need several additional masks to change to. The extent a dancer may sweat in class can cause a mask to become wet and stick to the dancer's face, restricting their air flow until a dry mask can be worn.*
 - ▶ **Healthy snack(s) that do no need to be refrigerated or microwaved** **only for those dancers who have multiple classes in one night*
 - ▶ **Personal Dance Props** **for dancers in Tippy Two's, Dance w/Me, Preschool or PreK/Kindergarten dance classes – w/the exception of hip hop and tumbling classes*
 - ▶ **A luggage tag** with the dancers first and last name adhered to their dance bag





Protocol for Classroom Safety

- All UDA Staff, Teachers and Dancers will have their temperature taken upon studio arrival.
- Individuals with a temperature higher than 100.4 will not be allowed to remain in the building.
 - ▶ Dancers may still attend their regularly scheduled class LIVE from their home using UDA's tech-enabled facilities.
- Dancers hands will be sanitized as they enter the studio or before class starts.
- Dancers who use the restroom during class must re-sanitize their hands when they return to the studio.
- All classrooms contain physical distancing markers (floor dots, six-foot taped squares and barre locators) to ensure dancers are proper spaced and distanced while participating in dance class.
- Prop use, handholding and partner work have been eliminated or modified for wellness and safety.
- Each dance room is supplied with a Sanitation Station/Cart which includes an infrared thermometer, hand sanitizer, disinfectant, microfiber cleaning clothes, disinfectant fogger/sprayer for studio barres, tumbling mats and floors.
- At the end of each dance class, teachers (with the help of their students) will disinfect all high touch point areas prior to the next group of dancers entering the studio.
- Dancers hands will be sanitized at the end of each class prior to transitioning to their next dance class or returning home.
- Any dancer not feeling well during class will immediately have their temperature taken. If their temperature is 100.4 degrees or higher, they will be required to put on a mask, leave the classroom and go to the customer care office where they will be watched over until a parent can pick them up.
- If a dancer is not feeling well but their temperature is 100.4 degrees or lower, they will be required to put on a mask and may sit and observe the rest of class.



Masks in the Classroom

- All UDA teachers are required to wear a mask in the classroom; however, teachers will need to adjust their mask throughout class (*transition from un-covering to covering their nose and mouth*) dependent on if they are talking to or instructing their students OR observing students while they dance.



- At this time, all dancers are **STRONGLY ENCOURAGED** to wear a mask in the classroom while participating in class. *we understand however, there are individuals who cannot wear a mask due to medical reasons such as asthma, cystic fibrosis, or any other preexisting respiratory condition.

- Even with UDA following all COVID rules and guidelines set forth by Utah's local and state government, MTJGD Safer Studio Guidelines and executing the highest standard of care by putting plans and systems in place to minimize COVID risk we feel it is critically important to take additional responsibility for our own health and safety (as well as others) where we can.

- Please refer to the end of this Parent Guide for more information about Wearing Masks Inside the Classroom.

Teachers Responsibility in the Classroom

- UDA teachers understand parents and dancers have varying degrees of comfort levels and concerns associated with our current situation regarding COVID – 19.

- The health and safety of our students, staff and extended UDA family members has been our highest priority in preparing to open our doors this dance season.

- We feel it is important to note however, that even with the numerous facility and classroom adjustments that have made to our classroom curriculum and operations, teachers have a higher responsibility of caring for and watching over your children while in their care.

- If dancers need help putting their hair in a ponytail, getting their shoes on, putting on a band-aid, or even need a hug, teachers will naturally and willingly help your child with their physical and emotional needs.

- Additionally, teachers will do their best to instruct and teach your child how to dance without the constant need to show your dancer what their body needs to do through hands on corrections; however, this will not always be possible.

- We assume this is criteria is well understood by parents who have made the decision to have their dancer return to the studio this year VS. having their dancer join class through LIVE streaming capabilities.

- If you or your child is not comfortable with their teacher providing assistance for their needs (if physical touch is required) or hands on corrections during class, PLEASE EMAIL THE OFFICE IMMEDIATELY at info@utahdanceartists.com so your child's teacher(s) can be notified ASAP.





Continued Parent Communication Regarding Current COVID Risk Levels and Mandates

As COVID climate continues to ebb and flow, UDA will adhere to continuous parent communication using the following communication systems and methods:

UDA's Continuous Parent Notification System

- This system will be used to notify parents of COVID's most current risk level/phase and how it relates to the studio's operation status.
- By using "green, yellow and red" emojis on the homepage of UDA's website and social media platforms we will be able to seamlessly direct traffic to the appropriate service channel below:
 - ▶ Green indicates it is safe to attend regularly scheduled classes at the studio.
 - ▶ Yellow indicates a cautionary change to service delivery and for parents to look for further, detailed information coming via email and UDA's social media platforms.
 - ▶ Red indicates dancers will temporarily attend all dance classes via LIVE streaming through UDA's tech-enabled facilities.

Parents Will Also Receive Up to Date COVID Information Through the Following Communication Channels

- Email – Email is UDA's primary source of communication with our dance families. Please make sure your email stays current with the UDA Customer Care Office and our emails are not going to your "junk" folder.
- Wednesday Weekly Reminder Email
- Monthly Newsletters
- UDA Social Media Platforms (Facebook and Instagram)
- UDA Website

Additional Information Regarding Wearing Masks Inside the Classroom

At this time, all dancers are STRONGLY ENCOURAGED to wear a mask in the classroom while participating in class.

- ▶ *we understand however, there are individuals who cannot wear a mask due to medical reasons such as asthma, cystic fibrosis, or any other preexisting respiratory condition.*

Even with UDA following all COVID rules and guidelines set forth by Utah's local and state government, MTJGD Safer Studio Guidelines and executing the highest standard of care by putting plans and systems in place to minimize COVID risk we feel it is critically important to take additional responsibility for our own health and safety (as well as others) where we can.

The information below is to help educate parents on dancers wearing masks while dancing inside the classroom. In addition to the information provided in this document, we encourage parents and dancers to do their own research on the topic to ensure the best decision is made for their dancer.

Is it Safe to Dance in a Mask?

At the bottom of this email we have provided links to several articles about this topic for those who would like to learn more, but just like anything else, you can find negative and positive opinions about dancing or exercising in a mask. We feel it is important to note however that many dance studios and/or foundations of education (ex. the Dance Department at the University of Utah) are requiring their dancers to wear masks upon returning to school/dance this fall.

In addition to helping stop the spread of COVID-19, below are other positive findings about wearing a mask while exercising:

- Strengthens Respiratory muscles and increases stamina
- Causes increased fatigue of respiratory muscles which in turn will help to:
 - ▶ Increase strength of respiratory muscles
 - ▶ Help increase lung capacity
 - ▶ Has also been shown to help increase efficiency of oxygen exchange over time

How to Adapt to Dancing in a Mask

- Just like most things, dancing in a mask will require a little bit of preparation and training before one can feel completely comfortable exerting themselves in a mask, beyond a state of rest.
- Where a mask throughout the day while slowly increasing your physical activity; this can start with going up and down the stairs, doing physical chores at home, or by adding any basic activity that elevates your heart rate.
- From here, consider building to the next level by adding light exercise to your daily activity while wearing a mask. This might include going for a brisk walk outside in the middle of the day, practicing yoga or stretching at home.
- From here one can start to add short sprints of cardio activity that increase over time as it becomes easier to perform in a mask.

How to Dance in a Face Mask

- You must be adaptable. The first day of class with a mask will be a challenge, just like the first day in a new pair of pointe shoes, turning shoes, tap shoes or trying to dance in bare feet! Remember all things that begin with discomfort gets easier with time.
- When you start to sweat and breathe heavily due to a warm studio or your own exertion, the mask fabric can cling to your face, making your breathing feel more labored. To relieve this sweaty situation, bring a spare mask (or several) that you can swap in between classes.
- Initially, a mask will make it harder to breathe during exercise therefore, dancers should self-monitor possible symptoms of lightheadedness, dizziness, and shortness of breath and stop dancing if they feel faint or temporarily remove their mask.

PARENTS PLEASE NOTE:

- *UDA teachers have been instructed to watch for these symptoms and check often with those dancers wearing a mask to see how they are feeling.*
- *If your child decides to wear a mask in class, please initially check in with your dancer each day after their dance class(es) to ensure they are having a positive experience wearing a mask while dancing.*

How to Properly Wear a Mask

- Masks should cover a dancer's face from the bridge of their nose to under their chin.
- It should be secure enough to stay in place without the dancer having to adjust it.
- Dancers should wear a mask that does not itch or irritate their skin.
- Dancers should wear a mask they are comfortable talking in.
- If a dancer's mask becomes saturated with moisture from breathing or sweat, they are encouraged to change into a dry mask to avoid wearing a mask that clings to their face.
- Dancers are encouraged to pack several face masks in their dance bag if they plan on wearing a mask while dancing
- All masks worn in dance class should be cleaned with hot water and soap and allowed to fully dry.
- Ironing masks on the highest setting can help disinfect masks after they have been washed and dried.
- Commercial reusable mask options are also available and often the best to use while exercising because they are thin and some say, "more breathable".

REFERENCES FOR DANCERS AND PARENTS THAT WOULD LIKE MORE INFORMATION ABOUT DANCING IN A MASK

<https://www.thedancedocs.com/episodes/dancing-in-a-mask>

<https://www.pointemagazine.com/how-to-dance-in-a-face-mask-2646374340.html>

https://www.apollaperformance.com/blogs/news/safely-incorporating-masks-into-dance-class?_pos=2&_sid=c891aced6&_ss=r

https://dance-usa.s3.amazonaws.com/page_uploads/COVID%20FAQ%20-%20MAY%202020.pdf