



IN STUDIO – FAMILY & STUDENT PROTOCOL

Diablo Ballet School (DBS) is committed to providing a safe and healthy studio for all dancers, families, faculty and staff. DBS has created these COVID-19 Protocols with guidance from our Company Doctors, Dr. Selina Shah and Dr. Denise Hilliard, along with Dr. Lisa Blackwell who has been assisting the County. DBS will follow guidelines set up by the Centers for Disease Control and Prevention (CDC), World Health Organization (WHO), and Contra Costa Health Services (CCHS). Our goal is to provide a safe and healthy environment and to mitigate the potential for transmission of COVID-19 with cooperation among faculty, students, staff and parents.

General Protocol:

- Class size will be dependent on the studio size and the ability for students to social distance properly.
- All students and teachers must wear a mask while taking class. Masks should fit snugly over the nose and mouth, not be touched once placed on the face, and washed or discarded immediately after each use.
- Lobby will be closed and parents will not be allowed to stay inside the building. Students will be greeted using the outside studio doors.
- Each day an instructor and a DBS staff member will be present.
- The barres and floors will be marked to ensure students stay at least 6 feet apart and in their designated area.
- The restrooms are limited to one person at a time. Students in the upstairs studio will use the upstairs restroom in the Neverland Studio (if the studio is not being used). Students downstairs will use the downstairs restroom marked for students. Please wash your hands thoroughly for at least 20 seconds when finished. The bathroom will be sanitized and disinfected between classes. For our younger students a DBS staff member or teaching assistant will escort them to the restrooms.
- Students, faculty and staff are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing, and avoid touching their eyes, nose, and mouth. Tissues should be disposed of in the trash and hands should be washed or sanitized immediately afterwards.
- Extended housekeeping practices are being implemented, including routine cleaning and disinfecting of studio surfaces and restrooms. Common areas such as door handles, floors, barres, benches, hand railings and bathrooms will be disinfected in between classes. At the end of the day, the building will be completely disinfected, cleaned and mopped.
- Doors and windows will remain open whenever possible to increase ventilation.
- Air filters in the A/C Units will be changed frequently.
- We will monitor students and staff for any signs of illness during class. Anyone showing any symptoms will be isolated and sent home.

Family/Student Protocol:

Prior to Arriving:

Parents/Guardians of students will be advised to monitor their child for signs and symptoms of COVID-19. Please take your student's temperature prior to drop off. The temperature should not be over 100.4 F. Dancers should stay home when they are sick, when household members are sick, or when required by a healthcare provider to isolate or quarantine themselves or a member of their household. Please notify DBS at school@diabloballet.org if this is the case and your student is expected in class.

Please do not come to class if you or anyone in your household has had any of the following symptoms in the last 24 hours:

1. Fever > 100.4 degrees Fahrenheit
2. Cough, usually dry
3. Shortness of breath
4. Sore throat
5. Unusual headache
6. Chills
7. Congestion
8. Muscle and joint pain that are unexplained
9. Nausea or vomiting
10. Loss of sense of smell
11. Diarrhea
12. Pink Eye

What to Bring:

- Please come dressed to take class with your hair secure and your face mask on (see "Masks" section below).
- Please consolidate your dance bag to a small bag and only bring what you need each day.
- Please bring your dance shoes, ballet flats and pointe shoes or any additional shoes (if applicable).
- For our older students, please keep your cell phone in your dance bag. Once you enter the studio, your phone must remain in your dance bag at all times and not used until after you exit the building or in case of an emergency.
- Please bring your own water bottle. No refills in the sink will be allowed.
- Please bring your own bottle of hand sanitizer. To be effective against COVID-19, hand sanitizer must have at least 60% ethyl alcohol or 70% isopropyl alcohol and should be allowed to dry for 30 seconds. DBS will provide large bottles that will be at the entrance of the studio and that can also be used to refill your bottle if needed.

Masks:

- Masks should fit snugly over the nose and mouth, not be touched once placed on the face, and washed or discarded immediately after each use. The disposable medical masks are recommended as they seem to be the easiest to breathe in.
- A mask will make it harder to breathe during exercise initially students should self-monitor for symptoms of: lightheadedness, dizziness, numbness or tingling, and shortness of breath.
- Practice walking, talking and breathing with a mask on for a couple of weeks prior to taking class to become familiar with wearing a mask for longer periods of time.
- Monitor the intensity of your class/workout as you get used to wearing a mask during exercise. Your body will adapt over a few weeks to wearing a mask.
- If you start to feel dizzy, imbalanced, or over fatigued, stop your activity and rest.
- Do your best not to remove your mask during class. If you need to remove your mask, dispose of single use masks in the trash or place a reusable mask into its own sealable bag, wash your hands and/or use an alcohol-based hand sanitizer letting it dry for 30 seconds and then replace it with a clean one.
- Students may require multiple masks to get through the day. If your mask becomes saturated with moisture from breathing or sweat, you need to change into a dry mask. A wet mask is less efficient at filtering bacteria and viruses.
- Masks should only be worn once and then replaced with a fresh mask.
- All reusable masks should be cleaned ideally in a washer with hot water and soap and then dried in a dryer prior to next use. Ironing on the highest setting can also disinfect after washing and drying.

Dress Code:

Students must wear the DBS dress code:

- Ladies: black leotard and pink or skin toned tights
- Men: white fitted tops and black footed tights.

For additional information visit our website: <https://diabloballet.org/school/dress-code/>

Student Drop off:

- Students must arrive 20 mins before the start of their class. Please drop off students in front of the building pulling into the drop off area. Students must put on their mask before they exit the car.
- The lobby will be closed and all students will enter the studios from the outside entrances.
 - For classes in the large studio – you will line up outside to the left-hand side of the building (facing the building). You will go up the outside staircase one at a time and enter directly into the large studio.
 - For classes in the downstairs studio – you will line up to the right-hand side of the building (facing the building). You will enter through the side door straight into the studio.

- X's will be taped on the ground 6 feet apart outside for the students to safely line up on either side of the building.
- A Diablo Ballet staff member will be outside to greet the student and do a temperature check with a contactless thermometer before they enter the building. DBS reserves the right to send dancer home if they meet 100.4 or higher, or show other signs/symptoms pertaining to COVID-19. A doctor's note ensuring the student's health will be required before the student can return to the Intensive.

Entering the Studio:

- All inside doors will be propped open during business hours so that students do not need to touch door handles.
- Students will be asked to line up outside to have their temperatures checked and recorded.
- Once the teacher is ready, students will be allowed to enter the studio one at a time.
- Each student will be asked to walk to the door, remove their street shoes and change into their ballet shoes.
- The student will be asked to sanitize their hands and then enter the studio where they will be assigned a place at the barre on the first day and keep that same space for the duration of the class. 6-foot sections are marked on the barres in pink tape and so the student will be asked to stand in the center of the marked spaces.
- The student is to leave their dance bag at their barre space or in a designated area assigned by the teacher or staff member.
- The student can place their yoga mat (if L3 and up) on the floor in their barre area and begin to stretch while the rest of the students enter. The yoga mat will also be stored at the barre. For students who are working from the center portable barres, their dance bags can be placed on the benches in the studios.
- Once the first student has entered the studio, the next student will be invited to repeat the process.
- If a student has to use the bathroom during class, please notify the teacher. Only one person can be excused from class at a time.
- Do not touch or make contact with anyone while in the studio or waiting outside.

Leaving the Studio:

- At the end of class, students will be dismissed one at a time, making sure they sanitize their hands before leaving the room and repeat the same process they did when entering the building.
- Once you leave the building, students will be asked to line up and wait for their parent/ride to arrive. You cannot remove your mask until you are in the car.

(1) I am willing to practice social distancing and will maintain at least 6 feet between individuals in all areas of the studio and outside the studio; (2) I am healthy enough to participate, and do not have symptoms of COVID 19 such as feeling sick, coughing, sneezing, shortness of breath, fever or are not feeling well; (3) I do not live with or visited a person or family member that has been diagnosed with or suspected of having COVID 19; (4) I consent to having my (or your minor child's) temperature checked upon entering the school each day; and (5) I will adhere to all the above protocols and release Diablo Ballet, it's owners and employees of all liability in regards to exposure to COVID-19.

Student Name: _____

Student Signature: _____

Parent Signature (if student is under 18): _____

Date: _____