



## **Health & Wellness Policy**

Health and Wellness Precautions. As our community continues to experience a high level of COVID-19 activity, we have updated our health and wellness precautions. These have been carefully considered and set forth by our faculty and staff for everyone's health and safety:

### **◆ Masks are required at all times, in all areas of the studio.**

- ◆ Everyone entering the building must sanitize his or her hands.
- ◆ We will resume temperature checks upon entry. No one with a temperature above 100° will be allowed to stay for class. You must be fever/symptom-free for 24 hours before returning to the building. Self-monitor for COVID-19 symptoms. If you have had known exposure, do not come to class until your quarantine ends.\*see below\*
- ◆ Dancers need to arrive early and ready for class (hair done and dressed before entering the building) we may begin classes on time.
- ◆ Our lobby is only open for business transactions. (no waiting inside)
- ◆ The staff is following protocols for cleaning including barres, floors, and mats, and common areas.
- ◆ To reduce congestion in the parking lot – please remember that there is one way in and one way out. ENTER the parking lot from the EAST entrance (closest to Buckets) and EXIT the parking lot from the WEST exit (closest to 47th Street) or park on the side of the building. There is NO PARKING on the grassy areas in the front. If there is no parking please drive around the block until there is a spot to park.
- ◆ Prepare your young dancers that they may have to wait a few minutes for pickup
- ◆ If a household member is tested for COVID-19 due to symptoms, or has flu-like symptoms we ask that your dancer not attend in-person classes until the household member has received a negative test result.
- ◆ If a dancer tests positive for COVID-19, he/she must follow isolation guidelines per the Arkansas Department of Health/CDC: Isolate for 10 days (since symptoms first appeared or had a positive test) AND you have not had a fever over 100.4 for at least 24 hours without using fever reducing medicine AND your symptoms such as cough and shortness of breath are improving.
- ◆ If a dancer is consider a close contact to someone who has tested positive for COVID-19, the dancer must quarantine and not come to dance class for either 10 days without testing if no symptoms have occurred. Alternatively, the quarantine can end after 7 days if no symptoms have occurred and a test returned a negative result. The test must be performed at least 5 days after exposure. A send-off PCR test is preferred, but rapid PCR or antigen tests are acceptable. If exposed during quarantine, the period must start over again. If symptoms develop during quarantine and a positive test is returned, isolation guidelines must be followed.

westernArkansas  
**BALLET**

◆ Class make-up and Zoom class offerings: Make-up class for dancer in level Creative Movement, Ballet I, and Ballet II, Intro to Modern, Beginning Modern, Beginning Jazz, Tap and Hip Hop may make up their classes in person within the semester he/she missed class, spring semester classes must be made up before Spring Break. Instructors may also offer videos for at home class make-up, Zoom classes will not be offered at these levels. Dancers in Ballet III and above, Intermediate and Advanced Jazz, Intermediate and Advanced Modern, and Pre-Pointe, Zoom classes may be offered, at the discretion of the instructor.

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