

Suzanne Semans Studio – 2020/2021 Rules, Policies, and Procedures

Our policies and schedule will be updated throughout the year to adjust to changes in our local pandemic situation. It is our goal to hold classes in person as much as possible, but as long as Harris County COVID-19 Threat Level remains at Level 1, we will be watching the case numbers and following the advice of public health experts, and we may need to offer only virtual classes at certain times. Virtual classes will be offered all year in conjunction with our in-person classes.

The new rules and procedures for attending in-person classes during the pandemic are listed below. We know that these procedures present a significant change from the way your child attended class in the past, but we hope that you all understand that we are taking these precautions to keep our dancers and teachers as healthy as possible. Even with these precautions in place, health safety from COVID-19 is something that we cannot guarantee. Please make the best choice for your child and your family when considering whether or not to send your child to in-person classes. Procedures may be adjusted as needed once we put them into practice. We would like to remind everyone that both Miss Susie and Mrs. Lyndsay are at high risk for complications from COVID-19, and we hope that all of our students and their families will do their part to help us all return to the studio as safely as possible.

Preparing for class:

- Dancers must arrive dressed for class with a cover-up over dancewear (a long t-shirt is sufficient) – restrooms will NOT be available for changing. Cover-up will be placed in your dance bag when changing shoes before class.
- Please make sure dancers use the restroom before coming to class. We are trying to minimize restroom usage at the studio. Students will be allowed to use the restroom one at a time for emergencies only.
- No food is allowed in the building. Please feed your dancer prior to class or have food waiting for them afterwards.
- All students must bring a filled water bottle from home. The drinking fountain will NOT be in use.
- Dance bag – Only clear zippered plastic bags will be allowed into class. You can either purchase a small/medium bag similar to this one - <https://www.amazon.com/BAGAIL-Approved-Crossbody-Messenger-Adjustable/dp/B01NAJELJ3/> - or your student may simply put everything into a two-gallon clear storage bag (ex: Ziploc). A smaller bag similar to the bag on Amazon is acceptable as long as it can fit everything listed below. Please don't bring any bags larger than the 12"x12"x6" bag in the link above.
 - Only bring the following items in your clear dance bag:
 - Hand Sanitizer (at least 60% ethyl alcohol or 70% isopropyl alcohol)
 - Dance Shoes (only those needed for the day)
 - Shoe covers – at least 2 pairs (see more info below)
 - Extra face masks, especially if attending more than one class (sweat-covered masks must be changed between classes, or more frequently if wet – wet masks can enhance the spread of viruses)
 - Hair Ties / Hair Pins (bring multiple hair ties please)
 - A water bottle filled with water
 - If desired, a small hand towel to wipe sweat from face – students should sanitize their hands before and after using the towel
 - An extra bag (a grocery bag is fine) to store street shoes during class

- Hair must be *tightly secured* with multiple hair ties in a ponytail (or a bun for ballet) so that hair will not come down or need to be adjusted during class – this is to prevent touching of the face during class. ****Boys** may choose to wear headbands if desired.
- Dress code – Your dancer will need to wear CLEAN form-fitting dance clothes (girls' ex: leotards, tights combined with dance shorts or skirts, dance leggings/capris, fitted t-shirts or tank tops, etc). *Tights or leggings are required.*
 - No baggy clothes allowed.
 - No crop tops or dance bras allowed unless covered by a leotard or fitted t-shirt.
 - No loose jewelry (bracelets, large/beaded necklaces, large rings/earrings, etc)
- SHOES – Shoes that cover the entire foot must be worn at all times – this includes ballet shoes, tap shoes, and jazz shoes.
 - Half-sole shoes (ex: pirouette, lyrical, foot undies) are not allowed.
 - Dance socks and regular socks are not allowed.
 - Dancing barefoot is not allowed.
- Cell phones – cell phones will be stored in your student's zippered bag during class. They may be stored in a separate small bag within the zippered bag, if desired.
- Please do NOT bring schoolbooks or homework to the studio.

Arriving to class:

- All dancers **MUST** wear a clean facemask as they exit their car. Masks will NOT be provided – please bring masks from home.
 - Masks must fit snugly to the face and stay snug while dancing – no gaps are allowed.
 - Masks with valves are prohibited.
 - Bandannas and neck gaiters are prohibited.
 - The first time a student arrives with a prohibited mask or one that doesn't fit, we will sell him/her a disposable mask for the day for \$1. Your student must return with an appropriate mask on the next class day to be allowed into class.
- There will be no early drop-off for students. Dancers will be allowed to enter the studio 5 to 10 minutes before class (depending on class size). The studio door will be locked until then, and students must wait in their cars.
- We will be posting our entry/exit procedures in a video on our Facebook page.
- Touch-free temperature checks of all dancers will be done at check-in.
- **ONLY** dancers with a temperature below 100.4 will be allowed to enter the studio.
- Dancers must be fever-free for 72 hours without fever-reducing medication before returning to class.
- Students with any of the following symptoms are required to stay home and attend classes virtually through Zoom:
 - Cough, difficulty breathing, sore throat, unusual headache, unexplained muscle and/or joint pain, chills, fever, nausea, vomiting, diarrhea, loss of sense of smell or taste, pink eye, increased/unexplained fatigue
- Any students visibly showing these symptoms at the studio will be sent home.
- If your student has had a known exposure to COVID-19, or if your student or anyone in your household tests positive for COVID-19, please notify us immediately and have him/her stay home until further notice and attend class virtually (if well enough).
- If your student has traveled outside of the city, please contact us before sending him/her back to in-person classes.

In Studio:

- Only students are allowed into the studio at this time. Parents must wait outside.
- Students must sanitize hands upon entering and exiting the studio. While we do have some sanitizer at the studio, we ask that each student bring his/her own personal hand sanitizer containing at least 60% ethyl alcohol or 70% isopropyl alcohol to use during class.
- Students and staff will adhere to the six-foot physical distance rule. Six-foot spaces will be clearly marked in the hallways and along ballet barres, and dancer’s squares will be marked with tape on the studio floors. Classes will be limited to 10 students.
- There will be no hands-on corrections by teachers.
- There is no sharing of any clothes, shoes, or water allowed.
- There will be no gathering or congregating in the studio reception room, hallways, or parking lot.
- Cell phone use is not allowed in the studio without permission from Miss Susie, Mrs. Lyndsay, or Mrs. Dena. Hands must be sanitized before and after permitted phone use. Cell phones will remain in dance bags while in the studio, including during class, during water breaks, and during transitions to other classes.
- After class, students will be released one at a time to go to their cars. Due to time constraints and sanitization procedures, students will need to purchase disposable shoe covers such as these - <https://www.amazon.com/Fuxury-Disposable-Waterproof-Protectors-Durable/dp/B0892H966L/> - to wear over their dance shoes as they walk out to their cars. Students will carry their street shoes out to the car in the grocery bag that was listed in “items to bring in your clear dance bag.”
- Students must be picked up on time. *Please be in the parking lot at least 5 minutes before class end time.* If your student is only attending one class, please consider waiting in the parking lot to prevent a late return.
 - We will be ending classes 3 to 5 minutes early in order for students to leave the studio on time and so that we may begin our cleaning procedures.
 - If a parent is not on time to pick up the student, the student will be asked to wait in the reception room or office. A fee of \$10 will be charged for every 10-minute increment that the student waits (\$10 for up to 10 minutes late, \$20 for 11-20 minutes late, \$30 for 21-30 minutes late, etc).
 - After three late pick-ups, your student will be required to attend classes virtually via Zoom until further notice.
- All procedures are subject to change as we work through the pandemic.

I have read, understand, and agree to follow the studio rules above. I also understand and agree that by registering my child, I am committing to a full semester of classes, whether in-person or virtual – no refunds will be given if the studio moves to virtual classes only.

Student’s Printed Name

Student’s Signature

Parent/Guardian Printed Name

Parent/Guardian Signature

Date Signed: _____