

JBS 2020-2021 Health & Safety Standards

The safety of those in our school is always of utmost importance, and we are appreciative of your support in keeping our community safe. We will continue to follow state and federal requirements throughout the year. To help us resume dancing together safely, we have instituted additional requirements and recommendations to prepare for our best year yet. The following requirements and recommendations are intended to help minimize each of our individual daily risks, which keeps us all safer as a community. Dancers may voluntarily return to the studio to resume onsite training under the conditions of this safety plan. Please thoroughly review the following information and note the extra resources available at the end.

Requirements: All entering JBS must adhere to the following:

Entry:

- Enter and exit within designated, staggered arrival and departure times for your class session. All must adhere to their assigned times, including exiting the building immediately following class. Classes will be staggered to avoid dancers exiting and entering the studios at the same time
- Masks must be worn properly for screening, entry, and all through the building.
- Meetings with individual staff members must be held via phone or virtual platforms to ensure we follow occupancy regulations.
- Any students able to enter alone or with the assistance of JBS staff should do so. Whenever possible, a JBS staff member or volunteer will assist with entry.
 - A guardian escort may only be permitted for students needing assistance to enter, if aged 5 or younger. When a guardian escorts a student, they will meet a staff member at the 3rd floor to further assist the student, while the guardian escort will exit the building. Guardian escorts must follow the traffic pattern. If a student older than 5 requires a guardian to enter the

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building, please email Jo Matos at jomatos@joffreyballetschool.com to discuss an accommodation.

Masks:

- Wear a fitted mask covering the nose and mouth at all times throughout the JBS premises. Bring multiple clean masks, at minimum 1 mask per class to be taken, to allow you to change into a clean one as needed; sweat saturation makes masks ineffective.
 - Practice wearing a clean mask and avoid touching your face and/or adjusting the mask: gradually increase to longer periods of time to prepare to take classes onsite while masked. If a student is unable to wear a mask without touching it for the length of class time, the student should sign up for remote instruction via Zoom to ensure their safety.
 - Masks with vent or valves are not permitted; N95 masks are not recommended, as they must be fitted professionally to be effective. Multilayer cloth masks are best for dancing. Surgical masks are effective, but a mask with a firmer shape is recommended for exercise.
 - Face shields may be worn in addition to masks but are not required and may only be worn in addition, not in lieu of a mask.
- Administrators and Staff may remove their masks only when within a private office with a plastic barrier in place.

Screening:

- Participate honestly and fully in temperature check, sign, and symptom screening:
 - If the temperature shows as 100.0F or above, the person is experiencing signs/symptoms of COVID-19, or is a known contact of someone suspected of having or tested positive for COVID-19, admittance will not be permitted. Fever reducing medication may not be used to pass screening.
 - Students, faculty, and staff must abide by the zero-tolerance illness policy. Should symptoms arise while in class, honest and timely reporting is required. The NYS travel advisory and quarantine time must be followed.

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- Any individual who screens positive for COVID-19 exposure or signs/symptoms must be immediately sent home, to their residence, or to the designated quarantine or isolation location.
- Should you suspect you have, test positive for COVID-19, or if you're a close contact of someone with COVID-19, you must urgently alert JBS and your local and state health departments to receive further instruction.
- JBS will keep a log of daily entry screenings.

Dress Code:

- Arrive at JBS dressed in clean class attire and with hair ready (in accordance with your class dress code). The locker rooms will be available for unisex toilet-use and hand-washing only. Doors will be propped open to eliminate touching door handles. There will be no dressing onsite. Lockers will not be available. Dancers should try to enter and leave the studios with dance clothes under street clothes.
- Street shoes will not be allowed in studios. Dance shoes must be brought separately in your dance bag and put on before entering the studio, and removed before exiting the studio. In common areas, street shoes or clean socks must be worn at all times - no barefoot dancing or walking through the school common areas. No dance shoes in the corridors or hallways.

Physical Distancing & Occupancy:

- A minimum of 6 foot distancing must be maintained at all times; minimum 8 feet within studios.
- Occupancy within the building will be limited to 50% capacity and will only increase as federal, NY, and NYC laws allow.
- No guests will be permitted onsite, as we must limit occupancy.
- There is to be no congregating within or outside the building.

Common Areas & Corridors:

- No congregating within or at the entry of JBS.
- All must follow the one-directional movement protocols, unless you've requested to go to the nearest restroom. All must comply with social distancing markings, directional markings, and capacity rules.
- Locker rooms will be unavailable for dressing, congregating, or storing of items.
- Elevator capacity will be limited.
- No dance shoes or bare feet in the common areas or corridors.

Preparation:

- Bring enough water to last for your full day's class session to limit bidirectional foot traffic. Water bottles should be clearly labeled and must be stored in your bag's assigned classroom spot. Food may only be eaten outside of the building. Food and water may not be shared. Vending machines, water fountains, and kitchen utilities will not be available.
- Bring any writing utensils and supplies that may be needed. These items should not be shared.
- Bring only necessary items to ensure you can store your belongings in your bag, in your designated classroom storage spot.
- Monitor your health. Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms.
- Complete the following free, short virtual course prior to your arrival at JBS: Johns Hopkins: COVID-19 Basics Protecting Your Health: <https://coronavirus.jhu.edu/covid-19-basics/protecting-your-health>
 - Required for trainees and all students
- Read the JBS Community Pledge and sign all required program registration documents prior to your arrival.

Hygiene:

- Practice good hand, respiratory, and general hygiene. Wash or sanitize your hands upon arrival, before and after class, after blowing your nose, using the restroom, eating, or touching shared surfaces.
- Vigorously washing hands with soap for at least 20 seconds is best. Cover your cough. Wear clean attire.
- Pick up and discard all waste, scraps, etc prior to leaving your dancing space and in the restrooms.
- Do not share any items. Ask for assistance from your administrator or teacher if you need anything.
- Hand sanitizing stations will be available throughout the building and in each studio.
- Avoid touching your eyes, nose, mouth, and mask. A face shield can help raise awareness and limit touching of the face.

Cohorts:

- Students will be grouped in smaller cohorts to keep interaction within consistent limited groups.

General Classroom Management:

- We will resume with low intensity training onsite (non-aerobic) to prevent injury and to keep individual respiratory rates low. As student groups regain stamina and conditioning, and as the health situation improves, intensity will be increased accordingly.
- A minimum of 8 foot distancing must be maintained at all times. Greater distancing will be used whenever possible within studios. Students must stay within assigned individual spots in the studios to ensure spacing.
- Dancers must stay within their designated dancing space to stay socially distanced.
- Ventilation will be increased with open windows.

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- No activities requiring direct or indirect contact including: partnering, tactile cueing, direct floor work, or touching the same equipment. As student groups regain stamina and conditioning, and as the health situation improves, varied activities will resume accordingly.
- Never share equipment at any time, including mats, stretch bands, etc.

Music:

- Sound equipment will be cleaned before and after use.
- Music will be played at a softer volume. (The louder the music, the louder the instructor will have to project, potentially causing droplets to travel further.)

Cleaning & Disinfecting:

- There will be a professional deep cleaning and disinfection before students return onsite.
- Cleaning and disinfection will be frequent throughout the day for all common areas and restrooms.
- Any areas that are frequently touched such as barres, door handles, light switches, elevator buttons, stair railings, floors, music controls or instruments will be cleaned multiple times daily.
- Studio barres and commonly touched surfaces will be disinfected before each new group enters.
- Deep cleaning and disinfection will occur nightly for all studios, common areas, restrooms, and offices.

Contact Tracing & Quarantine:

- It is recommended to all JBS parents, guardians, and students that they keep a record or personal diary of who they have been in contact with (name, phone number, date and time of contact and ability to contact) and their daily

movements, including supermarkets visited etc. This is a requirement for JBS trainees.

- According to the CDC, *For COVID-19, a close contact is defined as anyone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before the person began feeling sick until the time the patient was isolated.*
- A positive confirmed case reported to JBS will trigger an investigation by JBS and the state and local health departments to determine close contacts within the school, as required by law. Schools will communicate to all families and students at school once a case is reported as laboratory confirmed.
- In the event that there is a laboratory- confirmed case in a school, all students and teachers in that class are assumed to be close contacts and will be advised to self-quarantine for 14 days since their last exposure to that case and will be forbidden from entering the school during this period.
- The well-being of our JBS Students, Faculty, and communities are our highest priority. We are committed to closely monitoring, reporting, and cooperating with contact tracing and notification procedures. Several staff members have been certified in COVID-19 contact tracing training.
- Our JBS Site Manager will execute the reporting process and report if any staff or participants show signs or symptoms of COVID-19. Each situation will be assessed on a case-by-case basis.

Continued Compliance:

- Continue to stay updated on JBS policies, as this is a living document that will change accordingly as information and guidance changes.
- Read and consider the below recommendations

Recommendations: All families are strongly encouraged to consider the following steps:

- Contact your local physician for your virtual or onsite annual physical and to:

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- Ensure that you are healthy and safe to participate in your level of dance training
- Update any missing or outdated vaccinations, including the influenza vaccine
- Consider COVID-19 antigen testing.
- Receive an eating disorder screening to identify and correct any potential food relationship or body image issues as soon as possible
- Manage any seasonal or indoor allergies. Allergy symptoms, such as sneezing, can appear to be concerning viral symptoms and can increase viral spread in infectious individuals. An allergist referral may also be recommended.
- Obtain a thermometer and practice screening at home. Check your temperature before coming to class to make sure you'll pass screening. Fever reducing medication may not be used to pass screening.
- Attend a virtual or onsite dance injury prevention screening:
 - The Harkness Center for Dance Injuries offers this free virtual or onsite service: 212-598-6054 www.danceinjury.org
 - To find dance doctors in the US: <https://doctorsfordancers.com/>
- Stay updated with COVID-19 and travel restriction information in your local area by following the CDC, your state, and local governments (resources on the following pages)
- Establish a relationship with mental health resources in the city (call your insurance, 311, or visit <https://nycwell.cityofnewyork.us/en/>)
- Gradually begin to exercise while wearing a mask: it can be best to start with yoga and anaerobic exercise then gradually increase intensity and length of exercise within your comfort level
- Begin planning and procuring items you may need, including masks, gloves, cleaning supplies, hand sanitizer, etc
 - You will likely need to change masks throughout the dancing day, as you perspire, so please plan accordingly to ensure you'll have plenty of clean masks available to train safely.
- Enroll in free virtual courses to gain knowledge to protect yourself and others:
 - Johns Hopkins: Understanding the COVID-19 Pandemic: <https://coronavirus.jhu.edu/covid-19-basics/understanding-covid-19>
 - Johns Hopkins: COVID-19 Basics Frequently Asked Questions: <https://coronavirus.jhu.edu/covid-19-basics/faq>

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- CDC: Psychological First Aid: Addressing Mental Health Distress During Disasters:
https://emergency.cdc.gov/epic/learn/2020/webinar_20200422.asp

These protocols center the health of our students and staff at the very core of this school year, while pursuing the resumption of in-person dancing. These protocols are mandatory for all and will result in punitive measures, including expulsion, should they be disobeyed. We will continue to closely monitor health conditions, and if community transmission begins to rise across the area, a decision may be made to close school and switch to remote learning. This is a living document. Should it come to our attention that the procedures put in place are not practical, cause unintended negative consequences or do not deliver the optimum level working conditions, we retain the right to amend these accordingly.

The following link will take you to more COVID-19 resources for your family:

<https://drive.google.com/file/d/1dtcQBeYexgzHqSweDRHBwK1i3qXRwjht/view?usp=sharing>