



STUDENT POLICIES RELATED TO COVID-19

ALL CLIENTS WERE PROVIDED THIS
INFORMATION VIA EMAIL &
WEBSITE ON **August 17th, 2020**

THE FOLLOWING ARE THE NEW POLICIES FOR THE SHAWNIGAN LAKE COMMUNITY CENTRE DANCE STUDIO SPACE

ARRIVAL AT SLCC STUDIO

- Staff & students will **not** be permitted in the building if they are not well. Signage on the door must be read prior to entering ensuring that by entering the building they are healthy and not displaying any symptoms of being ill.
- All staff & students will wash hands or hand sanitize as they enter the building

UPON ENTERING THE LOBBY

- Students will arrive ready to participate in class, in dance attire with dance shoes in hand. DO NOT arrive more than 10 minutes prior to class. Students are requested to wait in car or outside of the building until 5 minutes before class. Be sure to follow directional arrows within the building and socially distance at all times.
- As students enter studio, they will each receive a class bin to store outside shoes, water bottle and cover up layer. Bins are sanitized after each use.
- No non-dancers will be allowed inside the building (parents, siblings, friends), *with exceptions made for one parent of new very young dancers.*
- Parents are not allowed to wait in the lobby during their child's class. If one parent has to enter to drop their child off, they must wash hands upon entry as well. Once child is ready, they are to exit out the side door immediately.

UPON ENTERING DANCE STUDIO

- The high touch surfaces - door handles, barres, window sills, facet, etc. will be cleaned between each class before new students are invited into the building.
- **Each bin will have a correlating number marker around the studio, where bin will be placed during class**
- **Each student will place their bin on the correlating number and then go to sit on the X of one of the dance squares within the studio**
- At the beginning of each class, dancers will be reminded of social distancing requirements.

USING THE WASHROOM DURING DANCE CLASS

- If a student needs to use the washroom during class, hands must be washed well after going to the washroom before returning to dance class.
- Teachers are no longer available to take younger students to washroom during class. Parents are not allowed to wait in lobby. ALL dancers MUST be able to use the washroom alone.
- **Ideally, please use the washroom before dance class begins!**

UPON EXITING AFTER DANCE CLASS

- Students will exit the building through the side door.
- One by one, students will gather their belongings from their bins, change to their outside shoes and sanitize their hands upon exiting the building
- Parents may wait inside their cars or can collect them at the side door. Please remember to socially distance while waiting outside for your dancer

REPORTING FOR CLASS WHEN ILL

- If you have the symptoms of a cold, flu, or Covid-19 including a cough, sneezing, runny nose, sore throat, fatigue you **must** stay at home and keep a safe distance from others for 10 days.
- Students who are ill are encouraged to contact the studio (preferably by email info@bndance.com). If notified by 2pm the day of the class, the unwell dancer/or their parent can request that their class be live-streamed via ZOOM and they may participate from home.

TAKING CLASS FROM HOME

- Please ensure that you have considered the following:

- You have a space away from the rest of your family so that you are ensuring that you are continuing to social distance
- You have a clear area with no tripping hazards
- You are dressed appropriately to ensure safe participation
- If you are too sick to dance, you can simply watch so that you are ready to catch up next class.

COMMUNICATION & TRAINING

- If at any point you see room for improvement on safety protocols, please bring your issue to BARRE NONE staff immediately so a solution can be determined.
- Training will be provided to staff regarding cleaning procedures and work environments.

PROTECTING MENTAL HEALTH

- 1Students may also be affected by the anxiety and uncertainty created by the COVID-19 outbreak. It's important to remember that mental health is just as important as physical health, and to take measures to support mental well-being. Here are some resources that can assist with maintaining mental health in the workplace during this time.
- **COVID-19 Psychological First Aid Service: Information and Signup** (British Columbia Psychological Association) – Free virtual counselling provided by registered psychologists. <https://www.psychologists.bc.ca/covid-19-resources>
- **COVID-19: Staying Well In Uncertain Times** (Canadian Mental Health Association – B.C.) – Tips and information on how to reduce and manage anxiety in the workplace due to the COVID-19 outbreak. <https://cmha.bc.ca/covid-19/>
- **Managing COVID-19 Stress, Anxiety and Depression** (Ministry of Mental Health and Addictions) - Tips and resources on things we can do as individuals and collectively to deal with stress and support one another during these challenging times. <https://cmha.bc.ca/covid-19/>
- **Mental Health and Psychosocial Considerations During COVID-19 Outbreak** (World Health Organization) – These mental health considerations were developed by the WHO's Department of Mental Health and Substance Use as messages targeting different groups to support for mental and psychosocial well-being during COVID-19 outbreak. <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>
- **Taking Care of Your Mental Health (COVID-19)** (Public Health Agency of Canada) – Tips and resources for taking care of your mental health during the COVID-19 outbreak. <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/mental-health.html>