



2020/2021 Health & Safety Protocols

Hello Dancers and Families,

The following are GDC's Health & Safety Protocols adopted from government and public health guidelines for mitigating the spread of COVID-19. We appreciate your cooperation as we work together to keep our dance environment as safe and healthy as possible for our dancers, families, faculty, and staff members.

Please read the following information carefully to ensure you and your dancer are prepared for in-person classes at GDC:

Entering the studio:

- Entrance: All dancers should enter through the main lobby entrance and report directly to their classroom to be screened by their instructor. **GDC requires everyone entering the building to wear a protective face covering.**
- Arrival Time: In order to keep traffic low and avoid dancers gathering in waiting areas, dancers should arrive **no more than five minutes prior** to the start of their class. **Please strictly adhere to your arrival window so we can start classes on time and avoid a traffic pile up in the front entryway.**
- Dancer Drop Off: No parent or guardian will be allowed to accompany their dancer inside the studio. All dancers must get dropped off at the main lobby entrance.
 - **No one will be allowed to wait in the lobby areas during class time.**
 - Younger dancers in the Pre-Primary and Primary Division will be accompanied to their classroom by an assistant teacher.
- Screening: Upon entering the classroom, dancers will have their temperature taken with a touchless thermometer by their instructor. If the dancer's temperature is higher than 100.4 degrees, they will be asked to wait in the downstairs dressing room and their emergency contact will be asked to come pick them up immediately. **Important note:** Temperatures can read higher due to the following:
 - Wearing a hat
 - Wearing lots of layers, like a coat, sweatshirt, or hoodie
 - Standing directly in the sun
 - Waiting in a car without AC
 - Exertion of physical activity immediately before temperature reading (i.e. running from the parking lot to make it to class on time)
- Skip the Dressing Room: Dancers will report directly to their assigned classrooms. The dressing rooms cannot be used to change or store personal belongings. Since we are not allowing use of the dressing rooms, **dancers should show up in full dress code** (including hair) with a coverup over top that can easily be removed inside the classroom and stored in their dance bag.
- Find Your Number: Upon entering the classroom, dancers should place their personal belongings in the spot designated by their number and sit/stand on the floor in their designated spot according to their number (see further explanation below).



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- **Sanitize:** Upon entering the classroom, dancers should sanitize their hands with the hand sanitizer provided in each classroom.

What To Bring To Class (besides yourself):

- **Essentials Only:** Please limit the items in your dance bag to the **essentials only**. We cannot accommodate giant dance bags in the studio.
- **Water:** Bring your own water to class, as we are no longer allowing use of the water fountains. If you drink a lot of water, please bring two water bottles!
- **Wipe It Up:** Bring a sweat towel to all classes to wipe away your sweat throughout class.
- **Required Face Covering: All GDC employees and dancers are required to wear a face covering the entire time they are in the building, including during class.** Read here for more information about [GDC's Required Face Covering](#) policy.

The Number System:

- The dancers in each class will be assigned a number (1-10) at the beginning of class. Dancers should place their personal belongings on the area marked by their number, at the front of the classroom.
- Dancers will stand at the ballet barre according to their number. Ballet barres will be marked with tape.
- Dancers will sit/stand for center or floor work according to their number, to be marked with tape.
- Dancers will go in groups according to their numbers, and go across the floor in number order.

During Class:

- **Social (Distance) Dancing:** As dancers, we are inherently good at keeping space between us! Dancers and teachers should maintain the recommended 6' apart from one another at all times. The spots marked on the floor and at the barres with tape will help us to do so.
- **Don't Touch This:** We will be practicing a "no-touch" dance class, which includes, but is not limited to:
 - No handshakes, high-fives, or holding hands
 - No hands on corrections
 - No partnering work
 - No hugs (except air hugs)
 - No use of props or shared equipment (except for ballet barres)
- **Restroom Use:** Dancers will be excused to use the restroom one at a time. Dancers taking class in Studio 1 will use the downstairs facilities, and dancers taking class in Studio 5 will use the upstairs facilities. Hand washing after using the restroom is a must!
- **Take It Easy:** It is going to take some time for dancers to regain their regular level of strength and stamina, so please do not try to do it all at once! Our faculty are preparing to teach at a modified pace aimed at gently guiding dancers back into shape. Now is more important than ever for you to be aware of your breathing during class.



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- **Dancing In a Face Covering:** Just like athletes training in masks that simulate high altitude, your body will need ample time to adjust to dancing in a mask. Frequent breaks will be taken during class, but **it is extremely important that the dancer stops and notifies their teacher if they are experiencing any of the following symptoms: lightheadedness, dizziness, tingling, numbness, or shortness of breath.**

Dismissal/Exiting the Studio:

- **Sanitize:** Get one last dose of hand sanitizer before you leave.
- **Dancer Dismissal:** Dancers must be picked up by a parent or guardian **IMMEDIATELY** following class.
 - Dancers should be picked up right outside at the main lobby entrance (parents/guardians are not allowed to enter the building). Dancers will be dismissed by our Front Door Attendant once we see a parent/guardian is present (i.e. parent/guardian walks up to the lobby door, or drives through the alley way and gives the student's name. **We cannot send students to cross Mill St. traffic to get in the car.**)
 - For younger dancers (Pre-Primary, Primary, Studio, Company levels PTI, PTII, ATI, ATII) a parent/guardian must be present in order for your dancer to exit the building.
 - Older dancers in the Teen Division or Company Division (levels ATIII, ATIV, THI, & THII) may exit the building to meet their parent/guardian at another location if we receive permission in writing on this [GDC Dancer Dismissal Form](#).
 - Failure to pick up your dancer on time will result in an additional child care fee charged to your GDC account. *If you are running late due to an emergency, please call the front desk at 770-426-0007.*

General Health Regulations (EXTREMELY IMPORTANT):

- No person (dancer, faculty, or staff) diagnosed with COVID-19, exhibiting symptoms of COVID-19, or having contact with a person that has or is suspected to have COVID-19 within the past fourteen (14) days will be allowed to enter the building.
- Temperatures of all persons (dancers, faculty, and staff) will be taken upon arrival with a touchless thermometer. Any person exhibiting a temperature greater than 100.4 degrees Fahrenheit, cough, shortness of breath, difficulty breathing, other respiratory symptoms, or at least two of the following symptoms: chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell will be allowed to enter the building.
- Any person (dancer, faculty, or staff member) exhibiting a temperature greater than 100.4 degrees Fahrenheit, cough, shortness of breath, difficulty breathing, other respiratory symptoms, or at least two of the following symptoms: chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell will be separated from the group immediately and must leave the studio as soon as practicable.
- Any person (dancer, faculty, or staff member) that has stayed home sick or been prevented from entering GDC due to signs of illness, or been sent home from GDC due to signs of illness shall no



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be permitted back inside GDC until they have either had a negative COVID-19 test or have been fever and fever medication free for seventy-two (72) hours, other symptoms have improved, and at least ten (10) days have passed since symptoms first appeared.