

As parents and staff, we must assess the levels of risk associated with our children's activities. While at relatively low risk, there are some inherent hazards when participating in and teaching dance classes. These risks include physical injuries to knees, ankles, and muscles from exertion, strain, and improper preparation.

All instructors at [Steps Ahead Dance](#) are fully qualified to teach, prepare, and correct students toward proper exercises to alleviate the potential for injuries. We are very proud of the care and attention we give to each and every dancer, enabling them to express themselves creatively, dynamically, and safely. We will continue this practice of ensuring a dancer is ready to proceed before motivating them beyond their abilities.

Other risks at a dance studio involve less obvious threats. As we have seen in our community since March 2020, some bacteria, organisms, and viruses can be crippling and deadly, affecting many people through innocuous contact. This is why we are implementing our Steps Ahead ***Corona Virus Mitigation Plan***. Despite the name, this plan will serve to enhance the health and safety of the Steps Ahead family by limiting the transmission of bacteria and viruses that cause illness which we all acquire at some point through each winter.

Outlined below are the mandates, expectations, and guidelines from the BC Government, WorkSafe BC, and Health Canada. These form the basis for implementing and maintaining our mitigating plan to assure the safety and health of our students, parents, and staff.

It is important to remember that a plan is only as effective as each of us who implements it. This document will outline the steps that our faculty will take to ensure a safe and healthy studio, as well as describe the expectations and protocols of each dancer and parent upon arrival to class, during sessions and afterward when class is over.



The risk level is affected by the level of COVID-19 activity in the local community. If there is known Corona Virus activity in our community, the likelihood that it could be introduced into our studio is higher. The risk of COVID-19 introduction and spread is also presumed to be greater if a higher proportion of individuals visit the workplace/business from outside of your community. A crowded setting is presumed to have greater risk. COVID-19 can also be spread through touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands. COVID-19 spread can occur when personal preventive practices are not consistently followed.

We recommend students have only the following **CLEARLY LABELLED** items in their personal belongings at each class:

**Dance uniform worn to class.** There will be very limited changing facilities at Studio 2

**Dance shoes**

**Hair supplies** (in a sealed container)

**Water Bottle** clearly labeled with dancer's name

**Thera Band/ Small Towel** (Gr 5 and up)

**Dance journal or Notebook** (Gr 5 and up)



**STEPS AHEAD DANCE IS RESPONSIBLE TO:**

**Discourage** people who are ill from entering the studio and require that employees stay home if ill with Covid -19 Symptoms

**Promote** the use of personal practices such as frequent hand washing, respiratory etiquette (cough or sneeze into elbow) through poster messaging and reinforcement.

**Provide** increased access to hand sanitizing facilities

**Follow** regimented cleaning protocols on weekly and daily schedules

**Promote** physical distancing among students and staff both in entrance room and classroom

**Restrict** occupancy capacities of indoor spaces to reduce crowding- Limited class sizes observed

**Use** visual cues posted on floors and walls to maintain 2m distances

**Mitigate** risk of exposure to high-touch surfaces through continuous cleaning and disinfecting.

**STUDENTS ARE RESPONSIBLE TO:**

**Report** to parents or guardians or teachers, any symptoms such as coughing, headache, fever, sore throat, difficulty breathing, and commit to staying at home when feeling unwell.

**Ensure** hands are washed and disinfected regularly.

**Respect** social distancing by limiting close contact with classmates and teachers.

**Keep** all personal belongings in an enclosed container.

**Not** consume food or leave beverage containers behind while in the studio. and only consume water from a personal water bottle, clearly labeled for identification.

**Do not** bring items from homes such as toys, blankets, books, or extra clothing.

**PARENTS ARE RESPONSIBLE TO:**

**Provide** their dancer with a small, labeled plastic tote with lid for all student's belongings.

**Keep** student home if anyone in their household displays any symptoms such as coughing, headache, fever, sore throat, difficulty breathing,

**Remain** in your car and witness dancers entrance and exit (age 9 yrs and up). Those with younger students (age 3 - 8 yrs), are permitted to walk dancers to care of studio assistants but are not permitted into the waiting area.

**Support** their dancer to be successful with these new protocols and guidelines.

