



## COVID-19 PREVENTION

### WE KEEP DANCING!

#### SAFETY POLICIES FOR ALL STUDENTS - ADULTS & CHILDREN

REV June 11, 2021

**MYB is committed to protecting the health of our community. We hope that these policies will help to mitigate the transmission of COVID-19 and provide as safe an environment as possible, but this will require everyone's active participation.**

#### GENERAL INSTRUCTIONS

No student (adult or child) may come to MYB if they are feeling ill, have a fever, a cold, are sneezing, and/or coughing, even if this may be due to allergies. If a student or anyone in their family becomes ill with COVID-19 or has been exposed to someone diagnosed with COVID-19, **you must immediately notify MYB in writing and the student may not return to the studio without a negative PCR test result, a note from a doctor, or has quarantined for 10 days.**

In addition, if you or anyone in your family travels outside the DMV area and/or visits with family and/or friends not in your usual "bubble", the student may not return to the studio unless:

- **They have quarantined for 10 days and no symptoms occur with daily monitoring,**
- **They have quarantined for 7 days and have received a negative PCR test result 3-5 days after last contact or travel, or**
- **They have been fully vaccinated.**

**Everyone must wear a mask at all times. No one will be admitted without a mask.**

**Adults and Children** must bring their own disinfectant wipes or a spray bottle with disinfectant and a rag to wipe their section of ballet barre before & after class and should also bring their own supply of hand sanitizer. ***The CDC strongly recommends frequent and thorough hand washing as a very important step to prevent the spread of the virus to yourself and/or to others.***

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## PROCEDURES TO ENTER AND EXIT MYB

**Please use the front entrance on Ellsworth Drive. Students may not enter MYB more than 10 minutes before your class start time (15 minutes for Adults) or be more than 10 minutes late as they cannot sit in the studio and observe class.**

- **Children's** classes, depending on the level, will have a door monitor to prop the front doors open during entrances and exits. If there is no door monitor, the front door will be unlocked and relocked remotely by the office during entrance times.
- **Adult** classes will not have a monitor, instead, the front door will be unlocked and relocked remotely by the office during entrances.

**Children should be dropped off at the front entrance.** Parents (*with the exception of Creative Movement and Intro I classes*) will not be permitted to enter the lobby and should wait in their car or elsewhere while their child is in class.

**After class, all Children must be picked-up immediately at the front entrance. MYB cannot guarantee your children's safety after they have left the building. *If you are between 5 and 10 minutes late, you will be charged an Aftercare Fee of \$10; if you are between 10 and 20 minutes late, you will be charged \$25. Should you exhibit a pattern of late pick-ups, MYB reserves the right to dismiss your child from the program with no tuition refund.***

***It is up to you to coordinate communication with your child for an on-time, early, or unexpected pick-up. Please do NOT call the office phone and ask someone to find your child, except in an emergency.***

The elevator may only be used by one person or people in the same family, at a time.

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## IN THE STUDIO

Everyone must arrive wearing their dance attire under a cover-up, there will be **NO dressing room use**. Students will carry their shoes and take their dance bags into the studio and keep them in their designated area. Depending on the size of each studio, the number of students per studio will be limited to the number of spaces that can be safely accommodated. Each studio will have individual spaces marked off on each barre. Please wipe your barre space at the start and end of class.

**There will be no contact between dancers at any time and everyone must maintain social distancing while in the building.**

Students who have a break between classes may wait in a designated area as long as they maintain social distance. Upper school students may go outside for some fresh air.

**Everyone must wear a mask at all times including in class.** Please find an option that works for you. A mask will initially make it harder to breathe during exercise and dancers should self-monitor for symptoms of lightheadedness, dizziness, numbness or tingling, and shortness of breath. Your body should adapt over a few weeks. We strongly recommend practicing at home with your mask before you use it in class and **bring more than one mask each day** as it can become less effective when damp or wet from water vapor or sweat.

Everyone must bring their own small towel(s) to handle perspiration during class and a large towel for any floor work such as stretching. MYB mats may NOT be used.

Teachers will remain at least 3' away from students and therefore will not be making any physical-touch corrections.

Everyone should bring their own water bottles; the water fountain will be available for filling water bottles only.

Please do not stop to chat with the teacher as you enter or leave the studio; you may chat once you are at the barre or in your designated floor space.

Please limit your stops at the office. If you have a question, it is best to email the office.

**General Inquiries**

[info@marylandyouthballet.org](mailto:info@marylandyouthballet.org)

**Children's Programs**

Early Dance Division: [edd@marylandyouthballet.org](mailto:edd@marylandyouthballet.org)

Introductory Division: [intro@marylandyouthballet.org](mailto:intro@marylandyouthballet.org)

Academy Divisions: [faculty@marylandyouthballet.org](mailto:faculty@marylandyouthballet.org)

**Adult Programs**

[adult@marylandyouthballet.org](mailto:adult@marylandyouthballet.org)

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**TOGETHER WE ARE GETTING THROUGH THIS! THANK YOU VERY MUCH!**