



COVID-19 PREVENTION

WE KEEP DANCING!

SAFETY POLICIES FOR ALL STUDENTS - ADULTS & CHILDREN

REV SEPT 15, 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.

Please notify MYB in writing if any of the following conditions apply: **If a student or anyone in their household becomes ill with COVID-19 or has been exposed in CLOSE CONTACT to someone diagnosed with COVID-19.**

Please note the following conditions for returning to the studio.

- If the student is vaccinated and showing NO symptoms, they may return after they receive a negative test. Tests must be taken 3-5 days after exposure.
- If the student is vaccinated and SHOWING symptoms, they should quarantine for 10 days or 7 days with a negative test. Tests must be taken 5-7 days after exposure.
- If the student is NOT vaccinated, they should quarantine for 10 days or 7 days with a negative test result. Tests must be taken 5-7 days after exposure.

Travel:

- International: if you or anyone in your household travels internationally, even if vaccinated, the student may not return to the studio until they have quarantined for 7 days or have received a negative test result 3-5 days after travel.
- Domestic: if the student is **unvaccinated** and has traveled or has had an **unvaccinated** member of their household travel, they may not return to the studio until they have quarantined for 7 days and received a negative test result 3-5 days after travel.

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.

COVID-19 VACCINATION REQUIREMENTS

MYB Employees are required to be fully vaccinated or in the case of exemption, must submit a weekly negative COVID test result.

Adults attending In-Studio classes are required to be fully vaccinated or in the case of exemption, must submit a negative COVID test result no more than 24 hours prior to the class.

Vaccine Eligible Children are strongly encouraged to be vaccinated. Note that all students dancing in an MYB live indoor performance held off-site, must be vaccinated.

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, Conservatory, and Pre-Pro classes) or be more than 10 minutes late.

Door monitors will be present for:

- **Entrances:** Early Dance, Introductory, Beginner, and West African I classes.
- **Exits:** Early Dance, Introductory, Beginner, West African I, Intermediate, Prep for Pointe, and Beginner Pointe classes.

Door monitors will not be present and door will be remotely opened and closed:

- **Entrances:** Intermediate, Prep for Pointe, Beginner Pointe, Intermediate Pointe, Advanced Pointe, Pre-Professional, Conservatory, Teen/Elective (with the exception of West African I classes), and Adult Classes.
- **Exits:** Beginner Pointe, Intermediate Pointe, Advanced Pointe, Pre-Professional, Conservatory, Teen/Elective (with the exception of West African I classes), and Adult Classes.

Children should be dropped off at the front entrance. Parents (*with the exception of Early Dance 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.

Children must be picked-up immediately after class at our 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.

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. Please wipe your barre space at the start and end of class.

There will be no physical 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 distancing. Students are encouraged to leave the building to take lunch breaks. Students who stay in MYB to take a lunch break must wear their mask when not actively eating or drinking. Students who cannot abide by this rule will be asked to leave.

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 can be used to fill 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. For your safety, all monetary transactions should happen online or over the phone. If you have a question, it is best to email the office.

Children's Programs

Early Dance Classes: edd@marylandyouthballet.org

Introductory Classes: intro@marylandyouthballet.org

Youth & Pre-Professional Divisions: faculty@marylandyouthballet.org

Adult Programs

adult@marylandyouthballet.org

General Inquiries

info@marylandyouthballet.org

TOGETHER WE CAN GET THROUGH THIS! THANK YOU VERY MUCH!