



COVID-19 PREVENTION

WE KEEP DANCING!

SAFETY POLICIES FOR ALL STUDENTS - ADULTS & CHILDREN

April 18, 2022

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 or have a fever.

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, has been exposed in CLOSE CONTACT to someone diagnosed with COVID-19, or tests positive for COVID-19.**

Please note the following conditions for returning to the studio.

- If the exposed student is vaccinated (and proof of vaccination has been verified by MYB staff) and showing NO symptoms, they may return immediately to classes. They should monitor for symptoms for 10 days and if possible/available, test after 5 days.
- If the exposed student is vaccinated and showing symptoms and/or has tested positive for COVID-19, they should quarantine for 10 days or 7 days with a negative test. Tests must be taken 5-7 days after exposure.
- If the exposed 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 are encouraged to 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 and boosted 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:

Beginning April 18, 2022: There will no longer be Door Monitors in the downstairs lobby.

Instead:

- The front door will be unlocked 30 minutes prior to each class.
- Parents may drop off their child in the 1st floor lobby.
- Early Dance & Intro I class parents *only*, may wait in MYB during their child's classes.
- Intro II, & III parents must come up to the 2nd floor lobby to pick-up their child.

Teachers will remind Beginner and above students to wait **INSIDE** until they see their parents through the windows, either in the upstairs or downstairs lobby. If students end up outside with the door closed, they can always buzz the office to reenter.

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.

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.

Everyone should bring their own water bottles; the water fountain can be used to fill water bottles only.

Please limit your stops at the office. For your safety, monetary transactions should happen online or over the phone. MYB is only accepting debit or credit cards for payments (exceptions must be pre approved). 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!