

DANCE STUDIO POLICIES & PROCEDURES FOR TECHNIQUE CLASSES: FALL 2020

I. GENERAL POLICIES, EXPECTATIONS, & RATIONALE

- In addition to Skidmore's protocol for reopening the campus, all policies and procedures for the Dance Department are also in compliance with guidelines set forth by Johns Hopkins University & the Dance USA Taskforce. With few resources on safety protocol for dance-specific environments, these two institutions have guided us in drafting these policies. These policies and procedures are NOT recommendations. They are to be adhered to and strictly observed by both students and faculty—no exceptions.
- All technique classes will be reduced to one hour this semester. This reduces potential exposure time in an enclosed space, creates a safer timeframe for entrances and exits from the building, and allows time for disinfecting and clearing the air in our studios.
- Due to class size restrictions, we will not be able to support audits in full classes.
- Students are to sanitize their hands before entering the studio and upon leaving. The more frequent, the better. Soap and water for twenty seconds is ideal, but hand sanitizer that is at least 60% alcohol is an acceptable substitution if soap and water are not available. There will be ample hand-sanitizing stations throughout the building.
- Students are only to be in the studio if feeling completely well with no symptoms. As we head into flu season in addition to the pandemic, it will be crucial to be diligent with this self-assessment. DO NOT practice wishful thinking and assume your symptoms are the normal flu or allergies. We cannot afford that luxury if we are to keep the campus open.
- Finally, we are aware how different this is from our normal policies and procedures. We know that it will take time to adjust. Please note that everything we've put in place is to prioritize the health and safety of our community, using the best information we have available, in an attempt to open our campus. This will only work if we all participate!

II. ENTRANCE & EXIT FROM THE STUDIOS

CHANGING ROOMS & RESTROOMS:

- We ask everyone to come to class with your dancewear underneath your street cloths. Changing rooms are reserved only for those who cannot accommodate this request. Every other stall has been taped off to avoid any overcrowding; there are to be no more than three students in the changing room at one time. If at all possible, avoid them.
- Avoid the restrooms when you can. This will not always be possible, but as a general rule, try to use the larger facilities and locker rooms on campus. The more space, the

better. If you need to use the restroom and it has three occupants, please wait outside. Always wash your hands and use a paper towel to open the door on your way out to avoid unintentional contamination after washing.

ENTRANCE INTO THE STUDIOS:

- Professors will assign students entrance times by row or barre at the beginning of the semester. Entrance times will be in five-minute increments to avoid overcrowding in the hallway; there will be three entrance groups per studio. Each group will also be assigned a wall to store their bags under the barres. Class work will begin 10–15 minutes after the designated start time to allow students to arrive safely. Students in early entrance groups may stretch on the floor in their designated space before class begins if they bring a personal mat. This is a departure from normal studio policy to reduce time in the hallway. Bring what you will need into the studio.
- Students will wipe their barres down with provided sanitation wipes before class.
- Coats are to be hung on hooks in the hallway; shoes placed in the cubbies.
- Do not come to the studio before your assigned time. Congregating in the hallway to await your time is dangerous and will not be permitted. If you are early, you will be asked to wait in the sports center lobby or intramural gym if available.

EXITING THE STUDIOS

- Students will put on street clothing at their bags along the walls five minutes before the official class time ends; groups will be dismissed in 1-to-2-minute-increments to account for putting on shoes and coats. Again, students are not allowed to congregate in the halls. If you wish to wait for someone in a later group, you must do it in the sports center lobby, intramural gym, or outside.
- Students will wipe their barres down with provided sanitation wipes after class.
- Students must leave the studio at the end of their classes. No exceptions.

III. IN-CLASS PROTOCOL

ATTIRE:

- Please make sure that your dance clothes are clean. We realize that we are asking you to come to class with your dancewear under your street clothes, but avoid wearing the same thing for more than one class.
- No bare feet in classes. All students must wear ballet shoes or clean socks. If you forget socks, see the class TA for assistance.

- Masks (I): All students are required to wear a mask that covers both your mouth and nose from the time you enter the building until you leave—no exceptions. Under Armour provides masks designed for athletics. Find a solution that works for you and practice wearing it. There should be no removing of masks in the studios for any reason. Due to current research, neck gaiters are not an acceptable solution. If you find you cannot wear a mask in the studio, you will need to take the class remotely.
- Masks (Part II): Please attempt to keep the same mask on for the entire class. Since classes are reduced to sixty minutes with minimal high intensity activity, you should be able to wear the same mask for the duration. However, you should have a spare mask in your bag in case of damage or malfunction. If you have an issue with your mask breaking or forget a backup, alert your class TA. You will need a mask to stay in class.
- You will not be allowed to bring any food or drink into the studio—this includes water. Removing your face covering for any purpose while in class creates a potential danger and will not be allowed. You may drink water before you arrive or after you leave the building. Since class time is reduced to sixty minutes, you should be able to make it through class without water. If you need water during class, you'll need to leave the studio and disinfect your hands before re-entering. If you bring water bottles to the studio, they must stay inside your bag to keep them safe from potential contamination.

CLASS PROTOCOL

- Studios are limited to ten participants; six-foot spaces have been taped on the floor, approximately ten feet apart. Physical activity causes more respiratory emissions and requires more space. Dance USA suggests ten feet while Johns Hopkins suggests twelve. In general, more is better. Dancers will need to adhere to the taped spaces and try to maintain their space and distancing to the best of their ability.
- Ballet Barres have also been marked with spaces ten feet apart; two center barres are also available—**no more than two students per center barre on either end**. Students are to transition from barre to the marked center spaces as quickly and efficiently as possible. There will be no break between barre and center to use the restroom, get water, or congregate in the hallway—plan accordingly.
- Students will be assigned rows and spaces at the beginning of the semester. Each week, rows will rotate forward to democratize the space and make all students equally visible. This is not optional; dancers will not be allowed to stay in a preferred row. It is necessary that you stay in your assigned spot. Teachers will keep track of weekly rotational changes in case we need records for contact tracing.
- Floor work will be omitted from all classes this semester; students may stretch on the floor before class or have conditioning as the first exercise, but must bring a personal mat. We need to minimize contact with the floor.

- There will be no partnering or hands-on corrections this semester. It's imperative that you keep at least six feet of distance from others at all times.
- High intensity and aerobic movement, such as grand allegro, will be avoided. Any jumping will be kept to a minimum: no more than two counts of eight. There will be no traveling across the floor this semester.
- If your class has live accompaniment, please keep a distance of twelve feet from the musician at all times.

IV. FINAL CONSIDERATIONS

- All policies and procedures are to be adhered to by members of our community at all times. The pandemic necessitates a zero-tolerance policy for failure to comply and you will be asked to leave class.
- Due to Governmental mandates for contact tracing protocol, students will not be able to reserve or use studio space outside of class time this semester. Unfortunately, there can be no exceptions.
- Again, it's critical that everyone in our community comply with these policies and procedures if we are to be successful in holding in-person classes this fall. Our common and most important goal must be to maintain a safe and healthy environment during this unprecedented time.