

# Returning to the Studio

Guidelines for teachers, studio owners and students

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# Introduction

The following recommendations were developed based on review of the COVID-19 Risk Assessment Tool for Sport and Framework for Return to Sport Key Principles, set out by the Canadian Academy of Sport and Exercise Medicine (CASEM) and the Sport Medicine Advisory Committee (SMAC) in consideration of the most current information available regarding COVID-19 by the Public Health Agency of Canada as well as the Gyms and Fitness Centres: Protocols for returning to operation established by Worksafe BC.

It is recommended that studio owners and teachers utilize this document as a set of standards for returning their dance families back to the studio. Importantly however, it must be recognized and accepted that each studio space is different and that variations in chosen protocols will exist between studios. Finally, it must be noted that **any advisories made by federal, provincial or local health authorities will take precedence over any proposed guidelines for returning to the dance studio.**

The information in this document is not a substitute for professional medical advice.

# Framework

Return to the Studio Phases:

PHASE 1 - Essential Services Operating Under COVID-19

PHASE 2 - Under Enhanced Protocols; Recreation/Sports

PHASE 3 - Under Enhanced Protocols; Broader Re-opening

PHASE 4 - Activities Requiring Large Gatherings re-open

# Phase One – High Risk of Community Transmission

1. Follow social isolation guidelines by public health authorities.
2. Individual and virtual training may occur in the dancer's own home using their own equipment as necessary. Training sessions may occur with other individuals living in the same household.
3. Regular cleaning of your personal items in concordance with CDC guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

## Phase Two:

# Medium Risk of Community Transmission

1. Government and local authorities have reduced contact restriction measures but continue to prohibit large group activities. Public training facilities may or may not remain closed based on local guidelines.
2. Group sizes are restricted to 5-10 or the minimum number of dancers feasible in accordance with public health directives on group sizes.
3. Outdoor training environments are encouraged.

## Phase 2: Continued

4. The following criteria are *required* for participation in studio training environments:
  - a) No signs or symptoms of COVID-19 in the past 14 days. Medical clearance is required to participate in training if a dancer has a previously documented COVID-19 infection.
  - b) No close contact with individuals known to have been exposed to COVID-19 in the last 14 days.
  - c) If a participant in a small training group is to test positive, a 48 hour pause is placed on that group's in-person training sessions until all potential contacts have confirmed a negative COVID-19 test.

# Phase 2: Continued

## 5. Modified Use of Studio Space

- a) Upon arrival to the studio, an administrator is to record a verbal consent confirming that the dancer is asymptomatic. Should a dancer present with signs and symptoms of COVID-19 they should be directed home and instructed to contact their health care provider. Other teachers, dancers, and parents are to be notified about the possible exposure, however, the dancer's name is to remain **un-identified** to protect the privacy of the individual.
- b) Dancers are to not bring extra personal items into the practice area. Dancers are encouraged to remove street shoes at the entrance.
- c) Entrance into locker rooms is to be restricted to one dancer at a time, who may place their belongings then exit the room. Dancers are also to re-enter the locker room one at a time, to retrieve their belongings. Dancers are discouraged from sitting in the locker room between classes.
- d) In-studio training can resume with physical distancing. The number of dancers in any one class is limited to approximately 10, but this may vary depending on the size of the practice space. While teachers are encouraged to wear masks, it is understood that mask use may not always be possible for dancers depending on the training task.

## Phase 2: Continued

- e) Higher intensity training may result in greater dispersion of droplets due to intense breathing and participant movement. When possible, dancers should confine themselves to a designated section of the practice space with distance between confined areas a minimum of 2 metres apart. Consider using tape on the floor to define these areas. Teachers are encouraged to work on skills that require minimal travelling across the studio floor. Turn sequences, balance and strength exercises, and centre-work are all appropriate.
- f) Studio owners are encouraged to group dancers into “training sets” or small training groups, and minimize the interaction between groups. A 10-15 minute “transition period” between classes may aid to facilitate this.
- g) No partner work is permitted.
- h) No spectators are to enter the studio to observe practices.
- i) Consider the use of designated doorways for entrance and exit, and using one-way staircases or walkways when possible.
- j) High powered fans may result in greater dispersion of droplets. Consider reducing class sizes to maintain room temperature at manageable levels.

# Phase 2: Continued

## 6. Sanitation:

- a) Hand washing policies and procedures are to be posted throughout the facility. Handwashing or sanitation stations are to be made easily accessible. Dancers are to wash their hands before and after each class. Used tissue, disinfectant wipes, and litter is disposed of in a lined waste bin that is emptied at least daily.
- b) No sharing of personal items including food and water bottles.
- c) All training surfaces must be thoroughly cleaned according to Health Canada guidelines after **each class**. This includes all barre surfaces and floors. Appropriate personal protective equipment (PPE) is to be worn by cleaning staff to prevent contact with contaminated surfaces.

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/COVID-19.html#a2>

# Phase 2: Continued

## 7. Communication and Governance:

- a) Teachers, studio owners, dancers, and parents should be fully informed of all safety measures.
- b) Relevant signage should be in place to clearly communicate the modifications to classes in place.
- c) All participants must self monitor for symptoms of COVID-19. If any signs or symptoms are present, the participant should not attend studio classes, should notify teachers, and should contact their healthcare provider.
  - i) Dancers must record the results of their self-monitoring on a paper or electronic log that can be monitored by teachers.

# Phase Three:

## Medium-Low risk of Community Transmission

1. Public Health authorities allow larger group training in accordance with local guidelines
2. The following criteria are *required* for participation in large group training environments:
  - a) No signs or symptoms of COVID-19 in the past 14 days. Medical clearance is required to participate in training if a dancer has a previously documented COVID-19 infection.
  - b) No close contact with individuals known to have been exposed to COVID-19 in the last 14 days.
  - c) If a participant in a large training group is to test positive, a 48 hour pause is placed on that group's in-person training sessions until all potential contacts have confirmed a negative COVID-19 test.

# Phase 3: Continued

## 2. Modified Use of Studio Space

- a) Upon arrival to the studio, an administrator is to record a verbal consent confirming that the dancer is asymptomatic. Should a dancer present with signs and symptoms of COVID-19 they should be directed home and instructed to contact their health care provider. Other teachers, dancers, and parents are to be notified about the possible exposure, however, the dancer's name is to remain **un-identified** to protect the privacy of the individual.
- b) Dancers are to not bring extra personal items into the practice area. Dancers are encouraged to remove street shoes at the entrance.
- c) Entrance into locker rooms is to be restricted to one dancer at a time, who may place their belongings then exit the room. Dancers are also to re-enter the locker room one at a time, to retrieve their belongings. Dancers are discouraged from sitting in the locker room between classes.
- d) In-studio training can resume with physical distancing. The number of dancers in any one class is expanded, and variable dependant on the size of the practice space.

# Phase 3: Continued

- e) Higher intensity training may result in greater dispersion of droplets due to intense breathing and participant movement. When possible, dancers should confine themselves to a designated section of the practice space. Consider using tape on the floor to define these areas. Teachers are encouraged to work on skills that do not require physical contact with other dancers. Turn sequences, balance and strength exercises, and centre-work are all appropriate.
- f) Studio owners are encouraged to group dancers into “training sets” or large training groups, and minimize the interaction between groups. A 10-15 minute “transition period” between classes may aid to facilitate this.
- g) Partner work with 1-2 other dancers is permitted. Dancers are to remain with their same partner and not change partners at the next class.
- h) No spectators are to enter the studio to observe practices.
- i) Consider the use of designated doorways for entrance and exit, and using one-way staircases or walkways when possible.
- j) High powered fans may result in greater dispersion of droplets. Consider reducing class sizes to maintain room temperature at manageable levels.

# Phase 3: Continued

## 6. Sanitation:

- a) Hand washing policies and procedures are to be posted throughout the facility. Handwashing or sanitation stations are to be made easily accessible. Dancers are to wash their hands before and after each class. Used tissue, disinfectant wipes, and litter is disposed of in a lined waste bin that is emptied at least daily.
- b) No sharing of personal items including food and water bottles.
- c) All training surfaces must be thoroughly cleaned according to Health Canada guidelines after **each class**. This includes all barre surfaces and floors. Appropriate personal protective equipment (PPE) is to be worn by cleaning staff to prevent contact with contaminated surfaces.

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/COVID-19.html#a2>

# Phase 3: Continued

## 7. Communication and Governance:

- a) Teachers, studio owners, dancers, and parents should be fully informed of all safety measures.
- b) Relevant signage should be in place to clearly communicate the modifications to classes in place.
- c) All participants must self monitor for symptoms of COVID-19. If any signs or symptoms are present, the participant should not attend studio classes, should notify teachers, and should contact their healthcare provider.
  - i) Dancers must record the results of their self-monitoring on a paper or electronic log that can be monitored by teachers.

# Phase Four:

## Low Risk of Community Transmission

1. Public health authorities allow all public training facilities to open with no limitations on group size or travel.
2. The following criteria are *required* for participation in training environments:
  - a) No signs or symptoms of COVID-19 in the past 14 days. Medical clearance is required to participate in training if an athlete has a previously documented COVID-19 infection.
  - b) No close contact with individuals known to have been exposed to COVID-19 in the last 14 days.
  - c) If a participant in a large training group is to test positive, a 48 hour pause is placed on that group's in-person training sessions until all potential contacts have confirmed a negative COVID-19 test.

# Phase 4: Continued

## 3. Modified Use of Studio Space

- a) Upon arrival to the studio, an administrator is to record a verbal consent confirming that the dancer is asymptomatic. Should a dancer present with signs and symptoms of COVID-19 they should be directed home and instructed to contact their health care provider. Other teachers, dancers, and parents are to be notified about the possible exposure, however, the dancer's name is to remain **un-identified** to protect the privacy of the individual.
- b) It is recommended that dancers do not bring extra personal items into the practice area. Dancers are encouraged to remove street shoes at the entrance.
- c) **Entrance into locker rooms is no longer restricted.**
- d) **In-studio training can resume without physical distancing.** There are no limitations on the number of dancers allowed in studio.

# Phase 4: Continued

- e) **There are no limitations on the type of training or distancing between dancers.**
- f) Classes may inter-mix.
- g) All partner work is permitted.
- h) Spectators may enjoy the studio space to observe classes at the discretion of the teacher and studio owner.

# Phase 4: Continued

## 4. Sanitation:

- a) Hand washing policies and procedures are to be posted throughout the facility. Handwashing or sanitation stations are easily accessible. Dancers are to wash their hands before and after each class. Used tissue, disinfectant wipes, and litter is disposed of in a lined waste bin that is emptied at least daily.
- b) No sharing of personal items including food and water bottles.
- c) All training surfaces must be thoroughly cleaned according to Health Canada guidelines at the end of **each day**. This includes all barre surfaces and floors. Appropriate personal protective equipment (PPE) is to be worn by cleaning staff to prevent contact with contaminated surfaces.

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/COVID-19.html#a2>

# Phase 4: Continued

## 7. Communication and Governance:

- a) Teachers, studio owners, dancers, and parents should be fully informed of all safety measures.
- b) Relevant signage should be in place to clearly communicate the modifications to classes in place.
- c) All participants must self monitor for symptoms of COVID-19. If any signs or symptoms are present, the participant should not attend studio classes, should notify teachers, and should contact their healthcare provider.
  - i) Dancers must record the results of their self-monitoring on a paper or electronic log that can be monitored by teachers.

# Protecting Mental Health

Dancers and teachers may also be affected by the uncertainty and anxiety created by the COVID-19 outbreak. It is important to look after mental well-being as well as physical well-being. If you, or someone else, need help please know that there are many resources to reach out to.

[COVID-19: Staying Well In Uncertain Times](#) (Canadian Mental Health Association – B.C.) – Tips and information on how to reduce and manage anxiety in the workplace due to the COVID-19 outbreak.

[Managing COVID-19 Stress, Anxiety and Depression](#) (Ministry of Mental Health and Addictions) - Tips and resources on things we can do as individuals and collectively to deal with stress and support one another during these challenging times.

[Mental Health and Psychosocial Considerations During COVID-19 Outbreak](#) (World Health Organization) – These mental health considerations were developed by the WHO's Department of Mental Health and Substance Use as messages targeting different groups to support for mental and psychosocial well-being during COVID-19 outbreak.

[Mental Health and COVID-19](#) (Conference Board of Canada) – Videos on different aspects of mental health, including coping with anxiety, job loss, and dealing with isolation.

[Taking Care of Your Mental Health \(COVID-19\)](#) (Public Health Agency of Canada) – Tips and resources for taking care of your mental health during the COVID-19 outbreak.