



COVID-19 Policies & Guidelines

STAFF:

- Staff arrive and are health screened for COVID-19 symptoms with health questions.
- Staff will have cloth masks to wear when they are not actively teaching.
- Staff will sanitize and clean between each class in accordance with CDC guidelines set up specifically for our facility.

DANCERS:

- Dancers are required to arrive in FULL dance wear aside from shoes. Please minimize the belongings you bring into the Dance Center.
- Dancer's hands will be sprayed with sanitizer upon arrival. We will also have hand sanitizer tables available in each classroom.
- Dancers may bring in cloth masks to wear when NOT ACTIVELY PARTICIPATING IN CLASS if they wish. It is to be removed once class starts.
- Dancers are to carry in and out DISPOSABLE water bottles only. Vending machine is available for drinks only operate by instructor prior to class start time.
- No food/snacks at this time.
- While we are not taking temperatures of our dancers as part of our protocol to enter the Dance Center, we do reserve the right to temperature check a student with a contactless thermometer if they display any symptoms of illness.
- Throughout the Dance Center, all dancers will be socially distanced according to CDC guidelines in nature of our facility.
- In addition to the CDC guidelines, we will be spacing dancers belongings at least six feet apart with clearly labeled markers.
- Younger students (not completely independent) may have one IMMEDIATE FAMILY MEMBER ONLY present in class (as usual) wearing a mask at all times.
- Dressing room and hallway area will be CLOSED until further notice.
- If your child is experiencing any symptoms of illness - please call in absent, keep them home and review the CDC recommendations as stated on the NH State Website.



Please be sure to read the entire form and sign. This is required for all dancers.

Precautionary Coronavirus/COVID-19 Liability Release Form 2020-2021

Due to the 2019-2020 outbreak of the coronavirus, COVID-19, we are taking extra precautions and want you to realize there are risks involved when you are participating in group activities. Please read the entire form.

Symptoms of COVID-19 include:

- Fever
- Fatigue
- Cough
- Headache or Body Aches
- Chills or Shakes
- Sore Throat
- Muscle Pain
- Nasal Congestion or Runny Nose
- Shortness of Breath or Difficulty Breathing
- Skin Rash
- Loss of Taste or Smell
- Nausea, Vomiting or Diarrhea

I agree to the following:

1. I understand the above symptoms and affirm that I, as well as all household members, do not currently have, nor have experienced any of the symptoms listed above in the last 14 days. And understand that I cannot participate in Granite State Dance Center programs should any of these symptoms arise.
2. I affirm that I, as well as all household members, have not been diagnosed with COVID-19 within the last 30 days.
3. I affirm that I, as well as all household members, have not knowingly been exposed to anyone diagnosed with COVID-19 in the last 30 days.
4. I affirm that I, as well as all household members, have not traveled to any area outside of our own that is or has been considered a "hot-spot" for COVID-19 infections within the last 30 days.
5. I understand that Granite State Dance Center and its staff cannot be held liable for any exposure to the virus caused by misinformation on this form or health history provided by each participant.

By signing, I agree to each above statement and release Granite State Dance Center and its staff from any and all liability for the unintentional exposure or harm due to COVID-19.

Name of dancer:

Signature of parent or legal guardian:



Please Review PRIOR to Attending Class

Signage must be prominently posted in all entry areas to the facility and fitness rooms to inform customers that if any of the following apply, they should not enter the facility and put other members and staff at risk:

- a. Any symptoms of COVID-19 (see Universal Guidelines for list of potential symptoms) or fever of 100.4 degrees F or higher.
- b. Close contact with someone who is suspected or confirmed to have had COVID-19 in the past 14 days. (NOTE: Healthcare workers caring for COVID19 patients while wearing appropriate personal protective equipment should answer "no" to this question)
- c. Traveled in the past 14 days either:
 - i. Internationally (outside the U.S.),
 - ii. By cruise ship, or
 - iii. Domestically (within the U.S.) outside of NH, VT, or ME on public transportation (e.g., bus, train, plane, etc.).

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19.

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|---------------------------|------------------------|--------------------------------------------|
| - Fever or Chills | - Cough | - Shortness of Breath/Difficulty Breathing |
| - Fatigue | - Muscle or Body Aches | - Headache |
| - New Loss of Taste/Smell | - Sore Throat | - Congestion or Runny Nose |
| - Nausea or Vomiting | - Diarrhea | |

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble Breathing
- Persistent Pain or Pressure in the Chest
- New Confusion
- Inability to Wake Up or Stay Awake
- Bluish Lips or Face

Call your medical provider for any other symptoms that are severe or concerning to you.