



COVID-19 Related Studio Guidelines for Students and Families (page 1-6)
Assumption of Risk and Liability Waiver (page 7)
2020-2021 Season

Note: *The two final pages of this document are signature pages and must be returned to the studio.*

Returning to the studio is a personal decision that you must make for yourself (if an adult) or as a parent/guardian for your child, after consideration of the risks.

Classical Ballet Academy and Ballet Melange wish to convey that, for the protection of our trainees and students (hereafter, students and trainees are referred to collectively as “students”), their families, faculty, and staff, we are implementing strict protocols to decrease the risk of transmission of COVID, based on local, state, and national guidelines and Executive Orders. Special cleaning protocols are in place. Please read, discuss, and explain these guidelines with your child. Students should present to the studio with an age-appropriate awareness of the new rules that they will need to follow. Older students should read and be familiar with and ready to follow the guidelines.

Note: The following is not indented to be health, medical, or legal advice, but rather guidance based on assimilated information published by the state, local, and federal entities. Please contact your physician for medical advice. This information was based on the most current information that we were aware of at the time of writing. The guidance included is subject to change at any time.

GENERAL

1. CBA and Ballet Melange will abide by regulations of the State of Colorado and the City and County of Denver. There may be changes to these guidelines over time and CBA/Ballet Melange may have to make adjustments over time.
2. All dancers must be enrolled. We will not accept walk-ins.
3. Parents/guardians of all minor (<18) students and students 18 and over must have signed studio COVID-19 agreements on file.
4. Students will need to participate in daily symptom screenings and a temperature check before entering the studio.
5. Dancers and others entering the studio(s) must abide by strict requirements about personal protective equipment (PPE) and social distancing.
6. Mask-wearing or other suitable face-covering and social distancing are required (see specifics below).
7. Physical greetings are prohibited. Other contact is to be limited that necessary to provide effective teaching corrections and/or to provide assistance, such as in the case of injury.
8. In-person meetings should be avoided, if at all possible, and should be conducted by telephone or via videoconferencing. The lounge, office and adjacent reception area remain closed to parents and students, except for designated mealtimes for specific assigned students.

SOCIAL DISTANCING

Students, teachers, staff, and any others present must maintain a distance of six feet from others both in and out of the studio.

1. Barres will be marked for student placement and students should remain at the same barre spot for the entire class.
2. Personal belongings brought into the studio should be limited and placed at the student's designated barre spot. If portable barres are used, students assigned to the portable barre will have a designated spot at the front mirror for belongings.
3. Center will be marked for student placement.



4. During center time, students not actively dancing in center are to wait their turn at their designated spot. Students are not to congregate at the sides of the room.
5. Parents and guardians must minimize presence in the building. When escorting a child to the studio, the responsible adult should enter and exit quickly. Do not wait for your child in the building. If you plan to wait for your child, please wait in your car, or appropriately social-distanced in the parking lot.
6. Students must not congregate in classrooms, halls, or rest rooms.
7. Students should wait in vehicles or socially distanced in the parking lot until time for class.
8. Dressing rooms are closed until further notice. Please come dressed to dance, with outer clothing that fits over dance clothes, and can easily be removed in the studio. Outer clothes and belongings are to all be folded neatly and placed at your designated spot by the barre.
9. The reception area and office are closed except to faculty and staff.
10. The lounge is closed except for defined period to time to allow for students who are present over mealtimes to eat lunch. See the section on "Mealtimes," below.
11. Because of the small size of the restroom, we encourage one individual in the restroom at a time. Remember face coverings must be worn in rest rooms, too, as they are public indoor spaces.

FACE COVERINGS

1. All individuals age 3 years and older must wear a suitable face covering that covers both the nose and mouth while in the building and in any and all CBA/BM spaces (studios, office, etc.). This is based on Denver Department of Health and Environment Order, which states that face coverings will be worn when inside, or in line to enter, any public indoor space. This includes faculty, staff, parents, and siblings. Ref: https://www.denvergov.org/content/dam/denvergov/Portals/covid19/documents/DDPHE_FaceCovering_Order_Amended7-21-2020.pdf
2. This includes faculty and students before, during, and after class. Students who arrive without a suitable face covering will not be permitted to participate in class. Faculty who arrive without a suitable face covering will not be permitted to teach.
3. Students must bring and be accountable for their own mask or face covering. CBA/Ballet Melange will not provide masks or face coverings.
4. According to the CDC, cloth face coverings should:
 - a. fit snugly but comfortably against the side of the face
 - b. be secured with ties or ear loops
 - c. include multiple layers of fabric
 - d. allow for breathing without restriction
 - e. be able to be laundered and machine dried without damage or change to shape
5. See Appendix A for CDC instructions to how to safely wear and Take off a Cloth Face Covering.

FOOTWEAR

1. Only dance shoes are permitted in the studios; do NOT wear street shoes in the studio. Take street shoes off leave them at the door to the studio.
2. Only street shoes should be worn in the halls and bathrooms. Do NOT wear your dance shoes in public areas (hallway, stairwell, bathrooms).

MEALTIMES

1. Those over 18 or, if younger than 18, released to do so by a parent or guardian in writing, are permitted to eat outside of the building.
2. Eating at the Studio
 - a. On weekdays:



- i. Students (Ballet Melange and CBA by Day) may eat in the lounge only.
 - ii. Lunchtimes for Ballet Melange and CBA by Day will be staggered.
 - iii. Lounge occupancy at any one time will be limited to 6;
 - 1. Time spent in the lounge is limited to 15 minutes.
 - 2. For groups, such as Ballet Melange, that are greater than 6, there will be two 15-minute shifts to allow for all students to eat.
- b. On Saturdays (during rehearsals in the large studio (2nd floor):
 - i. Ballet Melange trainees will eat in the lounge
 - ii. Level 6 students will eat in the medium studio (3rd floor)
 - iii. Level 5 students will eat in the small studio (3rd floor)
- c. General
 - i. Students are encouraged to wash hands and use hand sanitizer before and after eating.
 - ii. Masks may be removed briefly while eating and are to be replaced as soon as done eating.
 - iii. Students must remain socially distanced, with designated “spots” for seating marked;
 - iv. Students must wipe down surfaces before and after eating
 - v. Students must clean up after themselves and ensure that the area is cleared of food and trash and is properly cleaned before they leave.

OTHER

- 1. If available, CBA and Ballet Melange will provide hand sanitizer. However, because of limited availability, CBA and Ballet Melange encourage faculty and students to bring their own hand sanitizer and to use the sanitizer before and after class, before and after barre, before and after eating, and any other time they feel appropriate.
- 2. Handwashing is encouraged, but students and others should avoid congregating near sinks (such as in restrooms).

SCREENING PRIOR TO ENTRY

- 1. Each student is required to complete or submit a symptom questionnaire each day and will undergo a temperature check at the studio.
- 2. Individuals who have symptoms will be denied entry and asked to return home.
- 3. Anyone with a temperature of 100.4 or above will be denied entry and asked to return home.

IN CASE OF FEVER, ILLNESS, SYMPTOMS, OR POSITIVE COVID-19 TEST RESULTS

Note: The following is not health or medical advice, but rather guidance for admittance to the studio. Please contact your physician for medical advice.

- 1. Any student with a positive COVID-19 test result who has been to the studio within the 14 days prior to testing should inform the school Artistic Director and Administrator immediately.
- 2. Anyone who appears ill or is sick with fever or other symptoms is asked to stay home and will not be admitted.
 - a. We encourage faculty and students with symptoms potentially associated with COVID or a fever be tested for COVID
- 3. According to state and national guidelines:



- a. If an student has tested positive for COVID-19 and/or has possible symptoms COVID-19, including early or mild symptoms, they should be in isolation (staying away from others) until at least ten (10) days have passed since symptoms first appeared AND they have had no fever for at least twenty-four (24) to 72 hours (without the use of medicine that reduces fevers) and all other symptoms have improved. (Individuals who had severe illness should wait until 20 days after symptom onset to return.)
- b. A previously healthy person who tested positive for COVID but is asymptomatic (never had symptoms or fever) should not return to the studio until 10 days after their initial positive test.
- c. Students with symptoms and/or a positive test should not return to the studio until the described milestones have been passed.

IN CASE OF EXPOSURE

Note: The following is not health or medical advice, but rather guidance for attending class at the studio. Please contact your physician for medical advice.

1. Students who feel well but have recently had close contact with a person with COVID are asked to not come to the studio until 14 days after the last exposure. This is based on the current recommendation by the CDC for these individuals to stay home and monitor their health for 14 days after the last exposure.

RESOURCES AND REFERENCES:

How to Safely Wear and Take Off a Cloth Face Covering (CDC). Accessed 8.9.2020.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>

When You Can be Around Others After You Had or Likely Had COVID-19 (CDC). Accessed 8.9.2020.

https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprevent-getting-sick%2Fwhen-its-safe.html

Ninth Amended Public Health Order 20-28 Safer at Home and In The Vast, Great Outdoors; July 30, 2020 (CDPHE).

https://drive.google.com/file/d/1Nue6DdpQ1fpO8VUtt_lhQVwiVwwN4aN/view

Use of Respirators, Facemasks, and Cloth Face Coverings in the Food and Agricultural Sector During Coronavirus Disease Pandemic (FDA).

<https://www.fda.gov/media/137327/download>

How to Wear Masks (CDC). Accessed 8.9.2020. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

<https://www.denvergov.org/content/denvergov/en/environmental-health.html>

July 21, 2020, City and County of Denver Public Health Order to Implement State of Colorado Face Covering Executive Order EO D2020-138 of July 16, 2020 (DDPHE).

https://www.denvergov.org/content/dam/denvergov/Portals/covid19/documents/DDPHE_FaceCoveringOrder_Amended7-21-2020.pdf

Public Health Guidance for Community-Related Exposure. CDC. <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html>. Accessed August 23, 2020.

Appendix A: How to Wear and Take Off a Cloth Face Covering

How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



CS 316488A 07/06/2020

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Signature Page
COVID-19 Related Studio Guidelines for Students and Families

I have read the COVID-19 Related Studio Guidelines for Students and Families and understand and agree to abide by the expectations described in the document

Name of Dancer: _____

Signature of Participant or Parent/Guardian: _____

Print Name of Participant or Parent/Guardian Name: _____

Date: _____



Assumption of the Risk and Waiver of Liability Relating to Coronavirus/COVID-19

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments and federal and state health agencies recommend social distancing and have, in many locations, prohibited the congregation of groups of people.

Classical Ballet Academy and Ballet Melange have put in place preventive measures to reduce the spread of COVID-19; however, we cannot guarantee that you or your child(ren) will not become infected with COVID-19. Further, attending classes, rehearsals and programs could increase your risk and your child(ren)'s risk of contracting COVID-19.

By signing this agreement, I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending classes, rehearsals, and programs, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at Classical Ballet Academy and Ballet Melange may result from the actions, omissions, or negligence of myself and others, including, but not limited to, employees, volunteers, and program participants and their families.

I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to my child(ren) or myself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that I or my child(ren) may experience or incur in connection with my child(ren)'s attendance or participation in programming ("Claims").

On my behalf, and on behalf of my child(ren), I hereby release, covenant not to sue, discharge, and hold harmless Classical Ballet Academy and Ballet Melange, its employees, agents, board, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto. I understand and agree that this release includes any Claims based on the actions, omissions, or negligence of Classical Ballet Academy and Ballet Melange, its employees, agents, and representatives, whether a COVID-19 infection occurs before, during, or after participation in any classes, rehearsals, and programs.

I also agree that my child(ren), and/or I will adhere to studio policies that have been instituted in response to Covid-19.

Name of Dancer: _____

Signature of Participant or Parent/Guardian: _____

Print Name of Participant or Parent/Guardian Name: _____

Date: _____