



## 2020-2021 NEXT STEP DANCE KODIAK PARENT/STUDENT HANDBOOK

*As a condition of enrollment at Next Step Dance Kodiak (NSDK) students and their parents or guardians agree to abide by all the policies set forth by NSDK, its director, faculty, and staff. NSDK reserves the right to terminate any student's enrollment at any time for misconduct or inappropriate actions by either the student or his or her parent(s).*

Welcome to Next Step Dance Kodiak!

### QUICK REFERENCE STUDIO INFORMATION

**Address: 1220 E Rezanof Dr**

**Phone Number: 907-654-5722**

**Email: [dance@nextstepdancekodiak.com](mailto:dance@nextstepdancekodiak.com) (best form of communication)**

**Website: [www.nextstepdancekodiak.com](http://www.nextstepdancekodiak.com)**

**Owner/Director: Mary Beth Loewen NSDK MISSION STATEMENT:** *At Next Step Dance, we believe that artistic expression has the capacity to inspire and enrich the lives of people of all ages. We provide high-quality instruction to all ages, taught with enthusiasm, and provide students with a safe, accepting, and motivating environment in which to learn and grow. Our instruction emphasizes the importance of correct technique, having fun while building self-esteem and a positive sense of self, experiencing the discipline and freedom of movement, and working as an individual within a group. We expect and encourage kindness and respect to ourselves, our classmates, our teachers, and our dance families. Our staff leads by positive example, and encourages our students to strive for excellence both within and outside the dance studio.*

NSDK is committed to providing high-quality dance classes to enhance the overall development of the student, regardless of age. We believe that dance training encourages people to develop a positive self-image as they increase awareness of their physical being. Along with improving coordination skills and developing muscular awareness, dance classes give students the freedom to express themselves through movement.

### COVID-19 UPDATES FOR THE 2020-2021 DANCE YEAR

We know that it is so important for our students to be back in the studio, moving their bodies, interacting with other students, and being able to follow their passion for dance. Now, even more than before, it's important that our students are inspired and creative and feel part of something bigger than themselves.

We are committed to bringing our students back into the studio as safely as we possibly can, and therefore have implemented the following safety and hygiene protocols.

Adherence to these protocols is required to participate in classes or events at NSDK.

#### PINPOINT HEALTH APP

NSDK is partnering with Pinpoint Health to create a Covid-19 symptom screening app that students and teachers must complete before joining classes.

Completing the check in must be completed within 3 hours of beginning your class, and can be done via phone or email.

#### ENTERING AND EXITING THE BUILDING

- We are implementing 1-way traffic flow within the building. Parents should drop students off near the appropriate entrance for their classroom, and pick up students promptly at the front entrance when class ends. The gate on the side of the parking lot will be open to ease vehicle traffic flow.

#### CLASSROOM OBSERVATION

The dance classroom is an incredible space for individual growth in students, and for teachers and students to develop important bonds of trust and respect. Typically, we would offer closed-circuit viewing in our waiting rooms during class. However, due to safety protocols, our waiting rooms will be closed.

- Four Rhythm&movement classes, parents will be permitted to remain in the waiting room during the first class.
- All parents are welcome to connect to their child's class through Zoom in order to watch class in real time. We ask that you name yourself, mute yourself, and do not have your video on.

#### PLEASE HAVE YOUR STUDENT ARRIVE IN THEIR DANCE ATTIRE

The dressing rooms will be closed except for students who are changing between classes, or for those who arrive directly from the middle and high school.

#### MASKS

Breathable athletic masks have been successfully worn in dance intensives all over the country this summer, and allow our students to model positive behavior protecting themselves and others from infection. While not as comfortable as *not* wearing a mask, we know that masks help reduce the spread of infection. Wearing masks in the studio is living our value of "Community" and caring for those around us as well as ourselves.

- Students 10 and older will be required to wear a mask in class. Students with asthma or special medical or sensory exceptions will be handled on an individual basis, and no “mask shaming” will be permitted in the studio. Teachers will allow masked “breathe breaks” for students within class to stretch and rest, especially as students are getting used to working athletically in masks.

Students younger than 10 are not required to wear masks, but are encouraged to wear them, and should bring masks for stretching and non-exertion times in class.

## IN CLASS

Teachers will quickly scan each child for a fever using a touchless forehead thermometer upon arrival. Students who are displaying a fever will be asked to call their parents for pick up, and may attend a make up class.

Hand sanitizers have been installed in each studio. Students should enter the room, obtain hand sanitizer, then stow their outside clothes and shoes in a cubby in the studio.

During class, students will adhere to socially distanced markers within the studio.

Teachers will facilitate social distancing.

- Younger students must stay in their taped boxes on the floor, at marked spots on the barre, and when going across the floor should stay on dots.
- For younger children: if a child is having difficulty maintaining distance or misbehaving in class in a way that puts the teacher or other students at risk of Covid-19 spread (run as uncontrolled running in the studio or touching other students), parents will be called after the first incident (after class is complete). If the child repeats the behavior a second class, they will be asked to attend class from home on zoom. This is for the safety of other students.
- No props will be shared in class. Rhythm&Movement students will be required to purchase a \$20 prop bag for class participation, which will stay in the studio.
- Older students may need verbal reminding to maintain distancing.

Class will end after 50 or 80 minutes, so that students can gather their belongings and teachers can clean the studio space before the next class begins. Students should use hand sanitizer on the way out of the studio.

Water and bathroom breaks are permitted, and students will be released one at a time to fill water bottles. Students in each studio will have a designated bathroom, and one student at a time may be allowed to use the restroom.

## **STUDIO SPACES CLEANING:**

**Before and after each class**, touchpoints will be wiped down with an approved cleaning wipe or cleaner. After each class, touchpoints will again be cleaned, and floors will be mopped with a CDC approved virucide.

During classes, staff will wipe down banisters and common area touchpoints.

High capacity air filters with UltraHEPA filtration to 0.003 micron have been placed in each studio and will run continuously.

## **TRAVEL PROTOCOLS**

If you travel out of state, you will need to follow State of Alaska Covid-19 protocols, including negative Covid-19 tests and social isolation. During this time, you can attend class via zoom.

## **IN THE EVENT OF A POSITIVE TEST OF COVID-19 AMONG STAFF or STUDENTS**

Mask wearing, limiting your exposure to large groups or people, and hand washing and sanitizing will help limit our exposure to and spread of Covid-19. The asymptomatic nature of many Covid-19 cases is especially worrisome, as the infection can be spread without people realizing they are ill.

A “close contact” is (as of August 5, 2020) considered as someone who has spent 15 minutes of consecutive time within 6 feet of an infected person. All students within a class at NSDK will be considered close contacts of other students within their class, as well as the teacher, and NSDK staff. Students in one class will not be considered close contacts of other classes in the building.

If a positive case is discovered among our students or staff:

All studio classes will move online for 72 hours, with staff teaching from the studio and students at home. The studio will be deep-sanitized during this time, and protocols reviewed with staff for updating and/or modifying.

All students in that specific class will be encouraged to get Covid-19 testing, and the class will move online for 14 days.

The teacher will be required to get a Covid-19 test as soon as possible.

If a close contact of a student or teacher in a class tests positive:

That student or teacher will be asked to participate in class via zoom for 14 days, and the teacher will teach from home (with students in the studio) via zoom for 14 days.