

# JOFFREY BALLET SCHOOL

FOUNDED BY ROBERT JOFFREY IN 1953

Date: June 2020

The **Joffrey Ballet School** will be utilizing COVID standards for our Summer Programs recommended by the **Dance/USA Task Force on Dancer Health**.

The Dance/USA Task Force on Dancer Health is composed of medical professionals who work directly with professional dance companies and professional dancers across the USA. This group includes medical doctors, physical therapists, epidemiologists, and orthopedic manual therapists, who are volunteers with a narrow focus on professional dancers/companies in North America.

The mission of the Dance/USA Task Force on Dancer Health is to maintain the health, safety and well being of professional dancers. Learn more about this organization [HERE](https://www.danceusa.org/dancerhealth):

<https://www.danceusa.org/dancerhealth>

***For the safety of all involved, all students and staff will be required to wear face coverings during our Summer 2020 events.***

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Practices will include, but not be limited to the following:

## **GENERAL INFORMATION:**

- Dancers will be allowed in the studio with social distancing measures in place at all times.
- Criteria for participation:
  - No signs or symptoms of COVID-19 in the past 14 days
  - If a dancer or staff member has had COVID-19, then they will need a clearance note from their doctor to return to the studios
  - No close or sustained contact with anyone who is sick within 14 days of starting group training
  - Temperature check and symptom check outside of the studio both recorded for each dancer and staff member in a daily log

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- Use no-touch thermometer and if temperature is > than 100.4 degrees Fahrenheit, the individual must go home, monitor symptoms, and contact a physician
- If any symptoms are present, then the individual must return home and contact a physician
- Educate staff and dancers regarding COVID-19 symptoms and if anyone has symptoms, he/she should not come to the studio.

## **COVID-19 signs and symptoms**

1. Fever > 100.4 degrees Fahrenheit or 38 degrees Celsius
2. Cough, usually dry
3. Shortness of Breath
4. Sore Throat
5. Headache
6. Chills
7. Congestion
8. Muscle and joint pain that are unexplained
9. Nausea or vomiting
10. Loss of sense of smell
11. Diarrhea
12. Oxygen saturation of < 93% with a reliable pulse oximeter taken by a health care provider

## ***SPACING/PROTECTION:***

- Dancers should maintain a distance of at least 6 feet apart
- Masks are required at all times inside the studio
  - Staff will encourage normal breathing over forced breath cues, as forced exhalation spreads larger droplets farther distances
- Students will follow standard infection prevention measures such as frequent and effective hand washing, avoiding touching of the face.

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- No activities requiring direct or indirect contact including: partnering, tactile cueing, direct floor work, touching the same equipment or travelling across the floor.
- Frequent hand washing and use of disinfectant is essential both upon arrival and departure
- Frequent use of sanitizer/disinfectant is essential both upon arrival and departure
- Face masks should be worn when during onsite medical and physical therapy care, live musician in a studio, staff cleaning surfaces
- Only individual and personal training equipment should be used (mats, stretch bands, etc.) No sharing of equipment at any time.
- All physical therapy equipment must be disinfected between uses.

## ***FACILITIES/CLEANING:***

- Dancers should not congregate in common areas at any time
- Dressing/showering on site will not be allowed. Dancers should try to enter and leave the studios with dance clothes under street clothes.
- The number of people in restrooms will be limited to allow for social distancing and frequent cleaning.
- Air exchange & quality
  - When possible, windows and doors will remain open to maximize improved air circulation
  - Delays of at least 10-15 minutes between classes will allow for cleaning
  - Classes will be staggered to avoid dancers exiting and entering the studios at the same time
  - Dancers will be provided a mandatory 30 minute break every 2 hours for rest & recuperation. Students will be allowed access to open areas (outside the studio space) to remove masks for this period. Social distancing rules will still apply.

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## ● Music

- Sound equipment should be cleaned before and after use.
- Music should be played at a softer volume. (The louder the music, the louder the instructor will have to project, potentially causing droplets to travel further.)

## ● Frequent cleaning of studios and common spaces

- Barres should be cleaned before and after each use
- Floors and any other areas touched by anyone should be cleaned before the next class at a minimum.

● Cleaning should follow CDC recommendations. Any areas that are frequently touched such as barres, door handles, light switches, elevator buttons, stair railings, floors, music controls or instruments should be cleaned multiple times daily.

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## ***JBS COVID-19 Procedures***

### **Self Quarantine Protocol:**

If a student shows or suspects any respiratory, fever or other COVID-19 symptoms they should alert a staff member immediately. Students with flu or cold symptoms will be instructed to self quarantine in their room and use a bathroom designated by the dorm. If a student has a roommate, they will be relocated to a single room until they can be seen by a doctor as soon as possible.

If a student is diagnosed by a doctor to have COVID-19 symptoms, they will be relocated to a different wing in the dorm where they will be assigned to a new room and bathroom until a parent can arrive to pick them up. Parents must be able to pick up dancers within 8 hours or as soon as possible.

### ***BEST PRACTICES TO PREVENT TRANSMISSION OF FLU AND COVID-19***

- ❖ We continue to encourage all students to follow good practices to prevent the spread of illness. Some examples are below:
- ❖ Wash your hands often with soap and water for at least 20 seconds. Twenty seconds is roughly the time it takes to sing "Happy Birthday" twice. If soap and water are not available, use an alcohol-based hand sanitizer.

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- ❖ Clean and disinfect frequently touched objects and surfaces often (phones, desks, keyboards, door handles, etc).
  - ❖ Avoid touching your eyes, nose, and mouth with unwashed hands.
  - ❖ Practice good respiratory hygiene: Cover your cough or sneeze and immediately throw tissues in the trash followed by hand washing.
  - ❖ If you've not already gotten one, a flu shot is encouraged. Although it will not protect against COVID-19, it can protect or impact the severity of the flu.
  - ❖ If you are ill or have respiratory symptoms (coughing, sneezing, fever), please stay home and contact your program coordinator.
  - ❖ Practice and encourage students to follow social distancing rules: Stay at least 6 feet away from others, or more when possible, especially anyone with symptoms.
  - ❖ Wash hands before preparing food, eating, drinking, and after using the restroom.
  - ❖ Do not share food or beverages with other dancers.
  - ❖ Do laundry often and clean your bed sheets and pillow cases. If possible, launder items using the warmest appropriate water setting for the items and dry items completely.
  - ❖ Take your trash out daily then wash your hands immediately after doing so.
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**COVID-19 Resources:** - \*These resources are continuously updated. Please refer to the source (CDC, WHO) for updates.

## **Coronavirus Basics:**

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.health.ny.gov/diseases/communicable/coronavirus/>
- <https://www.who.int/health-topics/coronavirus>
- <https://www1.nyc.gov/site/doh/health/health-topics/coronavirus.page>
- <https://coronavirus.jhu.edu/>
- <https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>
- <https://www.redcross.org/about-us/news-and-events/news/2020/coronavirus-safety-and-readiness-tips-for-you.html>

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## **FAQ for NY Home Self-Monitoring:**

- <https://www1.nyc.gov/assets/doh/downloads/pdf/imm/faq-for-home-self-monitoring-novel-coronavirus-nyc.pdf>
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## **Coping with Stress During an Infectious Disease Outbreak:**

- <https://www1.nyc.gov/assets/doh/downloads/pdf/imm/coping-with-stress-disease-outbreak.pdf>

Novel Coronavirus NY Hotline for Information: Call 1-888-364-3065

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## **Staff Preparedness:**

This COVID-19 Response Plan will be communicated through online and in person training to all staff. The completion of training will be required and documented within our HR Department. In addition, all staff will receive in-person training, have the opportunity to discuss and ask questions prior to the start date of each camp. The Artistic Director, Associate Artistic Director/Site Manager, and Head Resident Advisor/Intern will be our designated Health Supervisors and will be responsible for ensuring the health and safety protocols are being successfully implemented and followed by each staff member and participant.

Our Camp Management Team will closely monitor how effective the response plan is being implemented by daily evaluations, logs, and feedback from the on-site team. Both teams will work closely together and will update health and safety training protocols as necessary.

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## ***Health Protocols***

### **Face coverings:**

All staff and participants are required to wear face coverings when within six feet of other individuals. This includes:

- ❖ During check-in & check-out
- ❖ During classes
- ❖ Inside buildings and while walking from one building to another.
- ❖ Anytime there could be an interaction with any staff or other visitors.
- ❖ If JBS staff or participants leave to go to the restroom, they must wear a face covering.

The exception will be when the participants are eating as long as social distancing is implemented. While in the studio, dancers will be assigned a studio for as much of the day as possible without the switch of groups for the week. JBS staff will maintain social distancing when feasible and not allow any hands-on corrections in class.

All staff will be required to wear face coverings at all times.

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### **Self Isolation:**

Prior to arrival on campus, staff and participants will be asked to self-isolate for 14 days prior to arrival to camp. Self isolation includes limiting exposure to non-family members, wearing a face mask around non-family members, avoiding large crowds/gatherings, and limiting unnecessary travel.

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### **Reporting Protocol:**



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The well-being of our JBS Students, Faculty, and communities are our highest priority. We are committed to closely monitoring, reporting, and cooperating with contact tracing and notification procedures.

Our JBS Site Manager will execute the reporting process and report if any staff or participants show signs or symptoms of COVID-19. Each situation will be assessed on a case-by-case basis.

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## **Managing Groups**

JBS will implement interns/chaperones to limit the number of interactions with multiple participants. Dancers will be led by the same JBS staff member throughout the week.

The participants will be required to eat with their assigned interns during meal times. We will stagger the arrival to/from meals to limit contact between staff and students as much as possible. Staff and participants will be encouraged not to mingle with other cohorts in the dorms, during breaks, walking times, and classroom sessions.

JBS will work to secure exclusive use of restrooms and to limit the number of staff and dancers in the hallway and restrooms any given time.

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## **Off-Campus Field Trips/Excursions**

Dancers and staff will be required to stay on campus throughout the week of camp, except the staff that will go to the store for supplies the day prior to the start of camp. Please bring supplies and snacks in advance as we will not be able to go to the store unless there is an immediate emergency.

In addition, JBS will not allow parents or other visitors to observe any part of the intensive. Parents of dancers who are commuting will not be allowed to enter the facilities.

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## **Temperature Checks**

The JBS Site Manager and Head Intern/Resident Advisor will be required to take the temperature of each participant and staff member each morning. JBS will follow these steps:

### **Site Manager:**

1. The Site Manager will wear a face covering while taking temperature checks before the first classroom session each morning.
2. The Site Manager will wash their hands or use hand sanitizer before touching the thermometer, if available, he/she will wear gloves.
3. Participants waiting for a temperature check will social distance and stand six feet apart from each other.
4. The Site Manager will use a touchless thermometer and will not take temperatures orally. If participants bring their own thermometers the Site Manager will observe the participant take his/her own temperature.

In addition to daily temperature screenings, our Site Manager will ask participants to report any symptoms such as: cough, chills, muscle pain, sore throat, or fatigue that is outside of the normal.

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## ***General Best Practices for Safety***

All Staff & Participants will be reminded to:

- ❖ Avoid close contact with others whenever feasibly possible.
- ❖ Avoid touching your eyes, nose, and mouth.

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- ❖ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- ❖ Clean and disinfect frequently touched objects and surfaces using cleaning spray or wipe.
- ❖ Wash hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- ❖ If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- ❖ Monitor your health. Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms.

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## **CLEANING SUPPLIES AND SCHEDULE**

- Disinfecting Wipes
- Hand Sanitizer
- Soap
- Disposable gloves
- Masks
- Disinfecting spray

### **Daily Studio Safety Schedule:**

- 8:00am- barre and floor clean and sweep
- 8:30am- student/staff temp check,- student arrivals, mask verification, hand sanitizer
- 10:30am- barre clean and floor sweep
- 12:00pm- barre clean and floor clean
- 12:45pm - student/staff temp check,- student arrival from lunch, mask verification, hand sanitizer, hand wash.
- 2:30pm- barre clean and floor sweep
- 3:45pm- barre clean and floor sweep, studio disinfection/fogging

### **Daily Housing Safety Schedule:**

- 8:00am- student/staff temp check,- student arrival from breakfast, mask verification, hand sanitizer, hand wash.
- 10:30am- Transport van cleaning and disinfection (if applicable)

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- 12:00pm- Common area cleaning and disinfection
  - 6:00pm- Transport van cleaning and disinfection (if applicable)
  - 8:00pm - student/staff temp check,- student arrival from dinner, mask verification, hand sanitizer, hand wash.
  - 10:00pm- Common area cleaning and disinfection
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