

## **Ballet Durango Covid Protocols September 2022.**

As much as we would like to think that Covid is behind us, we are not quite there. The variants that we are dealing with now are very contagious. Fortunately, if you are vaccinated and boosted as appropriate they are not as severe as some of the earlier variants. Vaccinations are the best protection. If you have had Covid you are somewhat protected but you can get it again. Consequently we have created new Covid guidelines for the upcoming dance season in order to keep our studio, our teachers and our dancers safe.

All protocols are voluntary but we would really like your cooperation and compliance where possible. We have succeeded in keeping Covid from spreading within our studio walls for the past two years. Let's keep that record going. ***Please note that rapid tests are available free at San Juan Basin Health***

### **Policies for fall 2022 —**

- Everyone should wear a mask as they enter the studio building. Our hallway is very tight and it helps everyone to have everyone in there wear a mask, regardless of vaccination status.
- Masks are optional in all classes, except as detailed below.
- If you are not feeling well or have an elevated temperature (100.4+) please do not come into the studio. Dancers should be fever free without medicine for 24 hours and then get tested as listed below. If you have had symptoms or have tested positive for Covid, please follow the guidelines outlined below as far as when to return to dance.
- If you have had any symptoms, please stay out of the studio for five symptom free days then get tested. At that point, if you have a negative test, you may return to class.
- If you have had any symptoms and do not get tested, please do not return to the studio for ten symptom free days.
- Anyone who has been exposed to Covid-19, regardless of vaccination status, should stay out of the studio for at least five days, and then return after a negative test.
- If you are returning to class after having Covid, wear a mask in classes for a week.
- We would like to reduce the number of people in the hallway/waiting room. We are in the process of expanding but it's not happening yet. Parents should avoid coming into the studio unless it is necessary. Avoid hanging out in the hallway.
- Students will bring a water bottle with their name on it.

***If you have any questions please consult the CDC guidelines.***

On a personal note, we have dance families who have been affected by Covid, including losing family members. We also have students with autoimmune issues that put them at risk if they contract Covid. Let's all protect each other.

On an even more personal note, I am in the at risk age bracket. I have a husband at home with health problems that put him at risk. I don't want to take it home. In addition, I am planning on traveling to a family wedding in late September. If I test positive with Covid before that wedding I won't get to go! I would appreciate your help in keeping me healthy!