



BALLET ACADEMY EAST HEALTH, SAFETY AND OPERATIONAL GUIDELINES

The following comprehensive plan has been established to allow Ballet Academy East (BAE) to welcome our students, faculty, and staff back into the studios. This plan outlines how we can return to the studios while mitigating, to the best of our ability, the risk of transmission of the COVID-19 virus.

These policies and protocols are based on guidance from the Center for Disease Control and the NY State Department of Health. The health and safety of our students and employees is of paramount importance to Ballet Academy East. We are fully committed to continually updating and revising this plan as new information about the virus becomes available.

COMMUNITY GUIDELINES

The Health of our BAE Community is a responsibility we all share. Our ability to conduct in-person learning rests on our collective commitment to be diligent regarding all the new policies and procedures as well as personal health and hygiene.

Stay Home if Sick or Exposed.

Students, parents, caregivers, faculty, and staff should stay home if they have any of the following symptoms:

fever, cough, sore throat, nausea, vomiting, diarrhea, extreme fatigue, body aches, shortness of breath, rash or lost sense of taste or smell. If you are experiencing any of these symptoms, consult your medical professional immediately.

If a student, parent, or anyone in your home has been diagnosed with COVID-19 or has been notified by the NY Department of Health that they were in contact with an individual infected with COVID-19, you must notify BAE at once.

Visitor Rules

Visitors are not allowed on the premises without direct permission from a school official and a scheduled appointment.

GENERAL SCHOOL GUIDELINES

Face Masks

Masks must be worn by all students, parents, caregivers, faculty, and staff at all times, when entering 1651 Third Ave. Students, parents, caregivers, faculty, and staff are expected to supply their own masks. Disposable face coverings will be available at the front desk for anyone who arrives without one.

Acceptable face coverings include, but are not limited to, multilayered cloth face coverings and surgical masks that cover both the mouth and nose. Do not wear masks with vents, fleece masks, bandanas, or neck gators. If you choose to wear a face shields you must also wear a mask.

Hand Hygiene

Hand sanitizing or washing is required before and after class. Hand sanitizer stations are available throughout BAE as well as soap and paper towels in the bathrooms.

Hand sanitizer should be rubbed into palms and thoroughly around hands for 20-30 seconds until dry. Hands should be washed frequently with soap for 20 seconds at a time. Signage illustrating proper hand-washing technique will be posted throughout the school.

Enhanced Cleaning, Disinfection, Ventilation

Enhanced cleaning protocols have been implemented throughout BAE. Surface treating technologies such as electrostatic equipment with CDC approved disinfectants will be utilized to sanitize our studios, including barres and high touch surfaces, before and after every class. Thirty minutes will be allotted between every class to allow for full cleaning and disinfecting including studio floors. The entire premises will be deep cleaned and disinfected each evening.

Indoor air quality has been improved with the installation of two REME HALO® in-duct HVAC air purifying systems and every studio has been equipped with an EnviroKlenz UV-C air purifier with an air exchange rate of 10-15 time per hour. Window exhaust fans are installed in every studio and we will open the windows to maximize the flow of outside air if weather conditions permit.

Physical Distancing

The occupancy capacity of BAE has been greatly reduced to meet or exceed all federal and state guidelines. The number of in-person Young Dancer Division classes has been reduced by 80% and strict physical distancing will be instituted in all studios and common areas. Eight feet of physical distancing between dancers is required in all classes. Six feet of social distancing is required in all common areas outside the studios.

STUDIO OPERATIONS

Arrival and Class Procedures

Be sure to arrive 15-20 minutes prior to the start of class.

Health Screenings

- ALL VISITORS to BAE will be required to complete an online daily wellness survey upon entering BAE. We will be using the HealthCheck app for this purpose. Anyone not passing the HealthCheck will be asked to leave.

Dressing Room and Bathroom Facilities

- Dressing rooms may only be used to access the bathrooms.
- Students will need to arrive already dressed for class.
- A maximum of two students at a time may use the bathroom facilities.
- Lockers will not be available.
- BAE's water fountains will not be operational. Students should bring their own water bottle into class.

Class Size

- Maximum class size in studio 1 is 10 students.
- Maximum class size in studios 2-5 is 12 students.

Young Dancer Division Procedures

- Each Young Dancer Division class has been allotted two studios – one for class and one for parents and caregivers to wait.
- Once parents, caregivers and children have gone through the health screening and sanitized hands, they will be directed to the “waiting room studio”. Coats and extra clothing should be kept in the waiting room studio during class.
- Children should arrive wearing comfortable play clothes as their dance attire and simply change into ballet slippers for class.
- When class is ready to start, children will be escorted into their classroom. Parents and caregivers will be able to watch class on a large screen monitor from their waiting room studio.
- Children and teachers will be spaced eight feet apart using taped rectangles on the floor. Children and teachers will practice physical distancing throughout the class. Props will not be used unless they are one-time use props that may be disposed of or taken home to keep.
- At the end of class children will be escorted back to the waiting room where everyone will have ten minutes to quickly depart.

To Parents and Caregivers of Young Dancer Division Students: Each child must have a parent or caregiver present in the waiting room, ready to assist their child if needed. Teachers will be social distancing throughout the class. You may arrange for a classmate's parent or caregiver to be the chaperone for your child provided we receive email notification directly from the parent in advance. One adult only is permitted to chaperone each child. Siblings, including babies in carriers, visitors, and strollers are not permitted. Please use the chairs provided in the studio waiting room. Floor seating is not permitted in the waiting room.

Primary and Enrichment Divisions Procedures

- **Parents and caregivers will drop off and pick up their children but will not be able to wait at BAE during the class.**
- One parent/caregiver will escort their child up to BAE, go through the health check, sanitize hands, and quickly help prepare their child for class before leaving. Siblings, including babies in carriers, any additional visitors, and strollers are not permitted on the third floor.
- The classroom studios will open ten minutes prior to the start of class so that students can have time to remove extra clothes and store their belongings.
- Children and teachers will be spaced eight feet apart using taped rectangles on the floor. Children and teachers will practice physical distancing throughout the class. Masks will be worn at all times.
- At the end of class parents and caregivers must pick up their children on the third floor on time. There will be an extra ten minutes of studio time at the end of class to gather belongings and depart.

Pre-Professional Division Procedures

All Levels: Be sure to practice social distancing on the stairs and in the elevator. Students should have their dance attire on under their street clothes. Dance bags will be kept in the studio in each dancer's designated space during class. Students must bring their own exercise mat to and from BAE for any classes requiring floor-work. Parents/caregivers will not be permitted to enter BAE, except in an emergency. BAE staff will be accessible to any students in need of assistance.

Levels 1-4:

- **Arrival:** One parent/caregiver will escort student up to the front desk to show their child's HealthCheck. Siblings, including babies in carriers, any additional visitors, and strollers are not permitted on the third floor.
- **Departure:** After class, students will be picked up at the front desk. Parents/caregivers must be on time for pick up.

Levels 5 and up:

- **Arrival:** Parents/caregivers are not permitted to escort students to the third floor. Upon entering BAE students will show their HealthCheck app and have their temperature read. After passing the health check students will sanitize hands and go directly to your assigned studio or designated waiting area.
- **Mask Use:** Please bring extra masks to class so that if you sweat you can change to a fresh one. Once a mask is wet it loses its efficacy.
- **Departure:** After class, students will have ten minutes to depart. If building re-entry is required after departure, you will be required to follow entry protocols a second time.

Pre-Professional Division In-Person and Virtual Class Rotation

- In order to accommodate smaller class sizes and social distancing guidelines, in-studio classes will be scheduled for small set groups on a rotating basis. You will receive your group information closer to the start of the school year.
- When you are not in person at BAE you will be expected to attend your classes virtually through Zoom. Details regarding Zoom links and procedures will be sent to you closer to the start of the school year.
- Students who wish to study fully online, for health, geographic, any other reasons, are welcome to do so. Students may switch from hybrid to virtual programming at any time during the school year. Students who wish to transfer from virtual to hybrid programming may do so only if space is available.
- We highly recommend that students follow the At-Home DIY Studio Guide on our website to create a studio setting that will ensure the best possible online class experience.

Adult Division Procedures

- Be sure to follow all health and safety guidelines stated in this document, including mask-wearing, social distancing, health reporting, quarantining, etc.
- Students should arrive no more than 15 minutes prior to the start of class.
- Students must exit the studio immediately after class and leave BAE no more than 10 minutes after class.
Arrive dressed for class as dressing rooms will be closed. Restrooms are available.
No street permitted shoes in the studios. Please store your street shoes under the benches upon arrival.
Belongings may be kept under the benches. Valuables, as long as they are not too large, may be brought into studio and stored under the piano.
- If you are taking a class that requires a mat, you will need to supply your own.

Importance of Timeliness for Class

Due to the detailed and carefully organized arrival and class procedure for in-person classes, it is especially important to arrive on time.

COVID-19 PROCEDURES

We will closely monitor the latest developments regarding COVID-19 to ensure that we are continuing to follow appropriate recommendations from health authorities to maintain a safe environment.

If Someone Becomes Sick at BAE

- If a child (under 18 years of age) becomes ill while at BAE, the child will quickly be brought to an isolated area. BAE staff will contact their parent or guardian and the child must be picked up within one hour of the call. A staff member, wearing PPE, will monitor the child until the parent or guardian arrives. The child's symptoms should be reported to a medical professional immediately.

- If an employee or an adult student becomes sick at BAE, the employee or adult student will leave the building immediately and report their symptoms to a medical professional.
- All areas accessed by a sick individual will be immediately cleaned and disinfected.

COVID-19 Reporting and Privacy

- If you or your child have been to BAE and have then tested positive for COVID-19 within 10 days of your last visit, please notify the school immediately by emailing info@baenyc.com. Please include the date of the positive test and the onset of symptoms (if applicable).
- BAE will immediately notify any students, parents, faculty and staff who came into contact with the infected person.
- The sick person's identity will be kept confidential.

COVID-19 Exposure

- If any member of our community comes into contact with someone who tests positive for Covid-19, they must complete a 10-day quarantine and may return as long as no symptoms have been reported during the quarantine period. After day 10 is reached, individuals must continue monitoring for symptoms through day 14 and if any develop, they should immediately self-isolate and contact the local health department or their healthcare provider to report this change and determine if they should seek testing. Individuals should continue strict adherence to all recommended safe behaviors to stop the spread - wearing masks, socially distancing and avoiding gatherings.
- If any members (students or teachers) test positive in the same class, the entire class will be considered close contacts and will be notified to self-quarantine as listed above. Classes will continue online during the quarantine period.

Returning to BAE Following Illness and Quarantine

- Students, parents, caregivers, faculty and staff may not to return to BAE until they have met the CDC criteria to discontinue home isolation for COVID-19: one day with no fever without the use of fever-reducing medication, recovery from all symptoms, and ten days elapsed since the symptoms first appeared.
- A doctor's note will be required to return to BAE.
- Students who are feeling well enough may participate in virtual classes during their quarantine.

Returning to BAE Following Travel

Domestic Travel: Asymptomatic travelers entering New York from another U.S. state or territory are no longer required to test or quarantine as of April 1, 2021. Quarantine, consistent with the CDC recommendations for international travel, is **still recommended** for domestic travelers who are not fully vaccinated or have not recovered from laboratory confirmed COVID-19 during the previous 3 months. Symptomatic travelers must immediately self-isolate and contact the local health department or their healthcare providers to determine if they should seek COVID-19 testing.

International Travel: Upon arrival in the U.S., international travelers must either quarantine for 7 days with a test 3-5 days after travel, or quarantine for the full 10 days without a test. This requirement applies to all international travelers whether they were tested before boarding, are recovered from a previous COVID-19 infection, or are fully vaccinated.

Click here for the most updated and detailed travel guidelines: <https://coronavirus.health.ny.gov/covid-19-travel-advisory>

COMPLIANCE WITH HEALTH AND SAFETY PROTOCOLS

Ballet Academy East is responsible for ensuring that all occupants of our space have been provided with clear and thorough instructions regarding BAE's health and safety practices. Please be informed that any person who fails to comply with the health and safety protocols set by BAE will be asked to leave the school.