

# COVID-19 Safety Plan

## PACIFIC DANCEARTS INC

7/1/2020



## **Understanding the Risk**

The virus that causes COVID-19 spreads in several ways, including through droplets when a person coughs or sneezes, and from touching a contaminated surface before touching the face.

- The risk of person-to-person transmission is increased the closer you come to other people, the amount of time you spend near them, and the number of people you come near. Physical distancing measures help mitigate this risk.
- The risk of surface transmission is increased when many people contact same surface, and when those contacts happen in short intervals of time. Effective cleaning and hygiene practices help mitigate this risk.
- The virus can cause a range of symptoms, ranging from mild illness to pneumonia. Symptoms of the disease are fever, cough, sore throat and headaches.

## **General Prevention**

- Always be aware of physical distancing.
- Refrain from touching face and/or eyes.
- Frequently washing hands with soap and warm water, minimum 20 seconds.
- Cough and sneeze into your elbow.
- Replace physical greetings with a smile, elbow bump or nod

### General Policies at Pacific DanceArts

- **Stay home.** All dancers, staff and directors must stay home if displaying symptoms of a cold or flu, or COVID-19 related symptoms such as coughing, sneezing and/or fever, if they have come in contact with anyone diagnosed with COVID-19, or if they have been asked to self-isolate.
- **Drop off only.** The studio will only be open to students, teachers and staff.
- **One way systems** will be in place. Students will enter directly into the appropriate studio via doors that access the studio from the parking lot. The front door will be closed to entry\* and will only be used for exiting. Studio 1 entry is just south of the main door. Studio 2 entry is on the south side of the building.
  - \*Coastal City Ballet dancers may enter the studio through the main door for the first class of the morning. If arriving after that time and/or upon exiting, please follow the studio guidelines above
- **Hand sanitizer placed at all entries into the studio.** All students will sanitize as they come in and as they leave the building and studios
- **Back exit is closed.** There will be no exit through the fire door unless an emergency
- **Change rooms will be closed.** Come with your ballet clothes on and your hair done. Please limit what you bring into the studio.
- **Routine and frequent studio cleaning.** Dancers in combination with staff and directors will sanitize their barre spaces after each class. Frequent washing of floors and sanitization of high traffic areas will be completed throughout the day.
- **Class size limits.** In order to keep physical distance between student and teacher and between fellow students, Studio 1 (13 students) and Studio 2 (9 students) limits are placed on classes involving wide use of movement.
- **Kitchen access closed**
- **Lobby area closed.** Breaks will be taken either outside or in a designated square in the studio

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**Policies for ½ Day and CCB Dancers**

- **Follow BC Public Health Guidelines.** All dancers are required to abide by the orders and recommendations in place through BC Public Health. If arriving from outside Canada, you are required to self-isolate for 14 days before attending any classes at Coastal City Ballet.
- **Stay home.** All dancers must stay home if displaying symptoms of a cold or flu, or COVID-19 related symptoms such as coughing, sneezing and/or fever. You will be required to notify the office through email at [info@coastalcityballet.com](mailto:info@coastalcityballet.com) or [info@pacificdancearts.ca](mailto:info@pacificdancearts.ca) if you will not be attending due to symptoms.
- **Wear a mask.** Dancers are asked to wear masks when travelling to and from the studio on public transport and upon entry into the studio. Masks must also be worn during scheduled breaks unless a dancer takes their break outside. Masks will not be required during morning class however they may become required during classes/rehearsals where physical distancing is not possible.
- **Maintain physical distance.** All dancers will be required to maintain a physical distance of at least 2 meters while at the studio. Stay in a designated area with one dancer at a time. When a physical distance of 2 meters is not possible, such as in a rehearsal, you are required to wear a mask.
- **Remember your pianist.** Physical distance is also required surrounding the piano when a pianist is in attendance. Do not touch or crowd the piano and pianist and do not place any items on top of the piano.
- **Use of Restroom is restricted to one person at a time.** If you need to use the restroom during class you will be required to leave one dancer at a time. At any other time, please wait outside the door, in a physically distanced line, until the restroom is available.
- **No sharing.** Please refrain from sharing any food, water or exercise/stretching device with any other dancer or person in the studio.
- **Routine and frequent sanitization.** Each dancer is required to sanitize their place at the barre after each class. Sanitizer wipes will be available at the studio.
- **Doors open at 9:00am. (30 minutes before class)** Do not arrive at the studio earlier than 30min before class unless you have been instructed to do so. The doors will remain locked until 9:00am and at that time dancers will be given access 2 dancers at a time. Please sanitize upon entry, place your shoes in the hallway outside the studio and enter directly into the studio to your designated place.
- **Leave promptly.** Dancers are asked to gather their things and exit the building immediately after the last rehearsal block.

### **Policies for Pacific DanceArts Staff**

- **Follow BC Public Health Guidelines.** All staff are required to abide by the orders and recommendations in place through BC Public Health. If you have travelled outside Canada, you are required to self-isolate for 14 days before attending Coastal City Ballet.
- **Stay home.** All staff must stay home if displaying symptoms of a cold or flu, or COVID-19 related symptoms such as coughing, sneezing and/or fever. You will be required to notify the office through email at [info@coastalcityballet.com](mailto:info@coastalcityballet.com) or [info@pacificdancearts.ca](mailto:info@pacificdancearts.ca) if you will not be attending due to symptoms.
- **Wear a mask if unable to physically distance.** Staff are recommended to wear masks when travelling to and from the studio on public transport and upon entry into the studio. Masks are optional for pianists during class. A teacher is not required to wear a mask if they stay in the designated teacher lane at the front of the studio. If a teacher would like to exit this lane during class, to walk amongst the dancers or correct them more closely, a mask will be required.
- **Use of Restroom is restricted to one person at a time.** Please wait outside the door, in a physically distanced line, until the restroom is available.
- **Routine and frequent sanitization.** Please sanitize your work place (piano or stereo system) upon entry into the studio and after each class. While this is also done each evening by directors, this will ensure these spaces remain virus-free throughout the day.
- **Doors open at 9:00am. (30 minutes before class)** Please sanitize upon entry, place your shoes in the hallway outside the studio (if required) and enter directly into the studio to your designated place.

### **Management of Staff/Students with Possible COVID-19 Symptoms**

To prevent transmission, if a student/child or staff member who is self-monitoring begins to experience symptoms of COVID-19 while attending the studio, it is recommended that:

- Staff will promptly separate students/staff who show symptoms of COVID-19 from others until they can go home.
- Hand hygiene and respiratory etiquette are practiced while the ill person is waiting to be picked up or leave. Tissues will be provided for the student to ensure their use with respiratory etiquette. Proper disposal of the tissue and hand hygiene will be performed after coughing or sneezing. Environmental cleaning of the space the student was separated too will be conducted once they have been picked or left.

- We have protocols in place if a student/staff begins to show symptoms of COVID-19 while at Pacific DanceArts including the need for immediate pick up/departure. At that time we will contact the Public Health Association for further recommendations.

Pacific DanceArts Staff and Directors recognize the importance to help prevent the spread of COVID-19 in the workplace and community. Health and Safety are of utmost priority. Helpful links below...

- World Health Organization [www.who.int](http://www.who.int)
- BC Centre For Disease Control [www.bccdc.ca](http://www.bccdc.ca)
- Health Authority Of British Columbia [www2.gov.bc.ca](http://www2.gov.bc.ca)
- Government Of Canada [www.canada.ca](http://www.canada.ca)

\*Please note these policies and procedures are not exhaustive. In addition, these policies and procedures can change at any time. Policies and procedures will be updated in accordance with guidelines, recommendations and orders in place by BC Ministry of Health and regulations by PTIB of the Ministry of Education.



## Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health



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### How to self-monitor

For contacts of cases and people who have travelled outside of Canada who are in self-isolation  
May 22, 2020

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You may have been exposed to COVID-19 and you must monitor your symptoms for 14 days. This does not necessarily mean that you have COVID-19, but you are at risk for developing the disease and passing the infection on to others. If you start to develop symptoms, even mild ones, get tested: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/testing>

If you have questions or are unsure, contact your health care provider, call 8-1-1, or complete the COVID-19 Self-Assessment tool by visiting [bc.thrive.health](http://bc.thrive.health).

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#### Monitor for symptoms for 14 days after exposure



Fever



Cough



Difficulty breathing

\*Take and write down your temperature every day. Try not to use medicines that reduce fever, e.g. acetaminophen or ibuprofen. If you have taken acetaminophen or ibuprofen take your temperature at least 4 hours after your last dose of that medicine.

*Other symptoms may include:* Muscle aches, fatigue, sore throat, headache, loss of appetite, chills, runny nose, nausea and vomiting, diarrhea, loss of sense of smell or taste.

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#### For contacts of cases

Avoid crowded public spaces and places where you cannot easily separate yourself from others if you become ill.

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#### If you have travelled outside Canada

As of March 25, 2020 it is mandatory Under the [Quarantine Act](#) that anyone arriving in British Columbia from outside of Canada to [self-isolate](#) and monitor for symptoms for 14 days upon their arrival and [complete/register a self-isolation plan](#).

There are some [individuals who are exempt from this order to provide essential services](#), but they still require a self-isolation plan and need to self-monitor for symptoms.

Visit the Government of Canada webpage for more details about [self-isolating and self-monitoring for incoming travellers](#).

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Learn more at [bccdc.ca/covid19](http://bccdc.ca/covid19)

How to self-monitor: For contacts of cases and people who have travelled outside of Canada who are in self-isolation

May 22, 2020



Ministry of Health



BC Centre for Disease Control

If you have fever, a new cough, or are having difficulty breathing, call 8-1-1.

