

PERFORMING ARTS CENTER OF LEHIGH VALLEY COVID-19 Health and Safety Plan

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The main route of transmission for COVID-19 is through respiratory droplets released when people talk, yell, cough, or sneeze. The virus may also spread when droplets land on surfaces and then are transferred to hands, and then to the nose or mouth, causing infection. Personal prevention practices are imperative to prevent the spread of COVID-19.

Our primary objective at Performing Arts Center of Lehigh Valley (PACLV) is to abide by all guidelines and restrictions set forth by the Pennsylvania state government and the CDC in order to provide a safe environment for all of our students and families. With that in mind, participation in dance has always involved an unavoidable exposure to inherent risk of injury and/or infection. To effectively minimize the risk of contamination, everyone involved must understand and respect the intent and objectives of the rules and guidelines set forth.

Promoting Behaviors that Reduce Spread

- **Staying Home when Appropriate**
 - If a teacher/dancer/parent thinks they are sick, stay home! Specifically: symptoms of acute respiratory disease (ex. cough, sore throat, shortness of breath), fever, sudden loss of smell or taste, OR been diagnosed with COVID-19. If a teacher or admin has a concern about a dancer's health, they have the ability to send the dancer home.
 - All teachers/dancers/parents that have recently had close contact with a person with COVID-19 MUST stay home, and may only return after 14 days of self-quarantining.
 - All teachers/dancers/parents must stay home if they have tested positive for or are showing COVID-19 symptoms.
 - As per Pennsylvania guidelines, all teachers/dancers/parents are asked to self-quarantine for 14 days if you have traveled to any area where there are high amounts of COVID-19 cases. Please check the website listed for the states that are deemed high risk and require a 14 day quarantine in the state of PA. <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx>
- **Hand Hygiene and Respiratory Etiquette**

- Teaching staff will promote frequent use of hand hygiene through the use of hand washing and sanitizing.
- Dancers are encouraged to bring their own hand sanitizer, but hand sanitizer will also be available at the studio.
- Activities that increase the risk of exposure to saliva and not allowed include chewing gum, licking fingers, or biting fingernails.
- All teachers and dancers should avoid any unnecessary physical conduct such as high fives, hand shakes, hugs, or fist bumps.
- **Utilizing Face Coverings**
 - All adult staff (teachers, parent volunteers, etc) will wear face coverings unless doing so jeopardizes their health.
 - Dancers will wear face coverings when participating in an activity and social distancing protocols can not be maintained. (ballet barre, waiting in line, sitting in lobby, etc)
- **Social Distancing for Parents**
 - All federal, state, and local county guidelines in accordance to mass gatherings must be followed.
 - Parents must follow government social distancing and face covering guidelines. It is recommended that parents remain in vehicle during practice, but if they wish to be present, they must maintain adequate social distance at all times and must remain the lobby far enough away from any of the dancers. Parents should also wear a face covering any time they enter the studio.
 - Parents that are not in compliance with social distancing and face covering guidelines will be asked to leave the studio.

Maintaining Healthy Environments

- **Shared Objects**
 - Sharing will be limited. No one is permitted to share any personal items brought from home including equipment and water bottles.
 - All teachers/dancers will keep their belongings separate from others' and placed in designated areas.

Maintaining Healthy Operations

- **Designated COVID-19 Point of Contact**
 - Nadia Pletz, Owner and Director of Performing Arts Center of Lehigh Valley is the designated point of contact for COVID-19 issues. PACOFLV@yahoo.com
- **Communication Systems**
 - Privacy is important to PACLV. Any teacher, dancer, or family must self-report to Nadia Pletz if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance

with health and information sharing regulations for COVID-19. Appropriate actions, temporary closures, etc as per CDC guidelines will be followed.

- If a COVID-19 incident is reported all exposed members of the dance class will be alerted. All illness and quarantine protocols must be followed by exposed parties.
- **Illness Protocol**
 - Teachers, dancers, and parents must stay home if they are not feeling well. If a teacher or dancer starts experiencing symptoms of COVID-19 during a dance session, they will be sent home immediately. The teacher or dancer will not be able to return until the results of their COVID-19 testing have been returned.
- **Positive COVID-19 Cases**
 - Consistent with applicable law and privacy policies, teachers, dancers, and families of dancers (as feasible) will self-report to Nadia Pletz if they have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days in accordance with health information sharing regulations for COVID-19, and other applicable laws and regulations.
 - All those who had close contact with a person diagnosed with COVID-19 (within 48 hours prior to symptom onset) will be advised to stay home and self-monitor for symptoms and be advised to follow CDC guidance if symptoms develop. Individuals with close contacts will be excluded from in-person practice/performance for 14 days and should attend practice via Zoom. Close contact is defined as having close (within 6 ft) and prolonged (> 15 minutes) contact with a COVID-19 patient.
 - Areas and equipment used by a sick person will be off limits until after it has been cleaned and disinfected.
- **Returning to Dance following COVID-19 Diagnosis**
 - An individual who was diagnosed with COVID-19 may return to in-person classes when all four of the following criteria are met:
 - Two negative COVID-19 tests 24 hours apart are obtained and/or public health clearance.
 - Individual has improvement in respiratory symptoms (ex cough, shortness of breath).
 - At least ten days have passed since symptoms first appeared.
 - Written documentation of clearance from a health care provider.

Cooperation and Responsibility

- Each stakeholder as outlined below has a responsibility to cooperate within the framework of this plan.
- **Director of PACLV**
 - Post COVID-19 Health and Safety Plan on PACLV Website.
 - Train and educate all teachers, admin, and volunteers on COVID-19 Health and Safety Plan.

- Stay informed about Federal, State, and Local restrictions and guidelines.
- Ensure that any COVID-19 incident is accurately reported and all exposed parties are notified.
- **Teachers/Admin/Volunteers**
 - Must follow the PACLV COVID-19 Health and Safety Plan.
 - Wear a face covering at all times unless doing so jeopardizes their health.
 - Send dancers home if they are not feeling well and communicate this with Nadia Pletz.
 - Notify Nadia Pletz if a dancer becomes ill, has symptoms of COVID-19, or has been exposed to someone with COVID-19 within the last 14 days.
 - Ensure all dancers have their own individual equipment.
 - Ensure activities provide social distancing and/or dancers utilize face coverings when needed.
- **Parents**
 - If you are not comfortable having your child return to dance, then please keep them home this year. There will be another opportunity to dance in the future and we will welcome them back at that time. Zoom is available for ALL classes.
 - Follow the PACLV COVID-19 Health and Safety Plan and adhere to all policies.
 - Ensure all personal equipment is sanitized prior to any activity.
 - Notify Nadia Pletz if your child or anyone in your family becomes ill, has symptoms of COVID-19, or has been exposed to someone with COVID-19 within the last 14 days.
 - Adhere to all social distancing and face masking expectations while entering the studio.
 - Support PACLV's mission to ensure the safety of all teachers, dancers, and PACLV families by following all protocols and encouraging a positive team culture.
- **Dancers**
 - If you are not comfortable with returning to dance, please know that there will be another opportunity to dance later when you are ready. We will welcome you back whenever that time comes. Zoom is available for ALL classes.
 - Follow PACLV COVID-19 Health and Safety Plan and adhere to all policies.
 - Wash hands and utilize hand sanitizer before, during, and after practice/performance.
 - Ensure that you bring all of your own equipment to each practice and that it is sanitized prior to arrival.
 - Place your personal belongings 6 feet apart from classmates.
 - Do not share food, water or equipment with classmates.
 - Respect and practice social distancing as required in these guidelines.
 - No celebratory physical contact such as high fives, hugs, or fist bumps.

Resources

- Pennsylvania State Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Athletes and the Public; <https://www.governor.pa.gov/covid-19/sports-guidance/>
- CDC Considerations for Youth Sports; <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/youth-sports.html>

Performing Arts Center of Lehigh Valley COVID-19 Health and Safety Plan

I have read the above Performing Arts Center of Lehigh Valley COVID-19 Health and Safety Plan, and I agree to uphold all protocols and policies set forth. As a parent/guardian, I will do my best to help my child understand and follow these protocols as well.

I understand that if I am found not following these protocols, I may be asked to withdraw from classes.

_____ Date ___ / ___ / ___
Parent/Guardian Signature