

RETURN TO DANCE DURING COVID-19

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These are guidelines that are meant to help dancers and dance studios return to dance activities and classes. Many rules and regulations will differ across the country, depending on where you live, so make sure you keep yourselves up to date with those as well. This recommendations will likely change as we learn more about this disease, so check back for updates.

Main point: Until COVID-19 is either eradicated, a vaccine is developed, or a cure is found, **there is no way of completely eliminating the risk of fatal infection.** This is important to remember in any activities you undertake, and parents should be reminded of this —> ***if in doubt, sit them out.***

Return to training: The US Olympic and Paralympic Committee broke return to training down into 5 basic phases, which we think makes sense:

Phase 1: Shelter in place, public facilities are closed

Phase 2: Shelter in place lifted, but still no group gatherings, public facilities are still closed

Phase 3: Public health authorities allow small groups, public facilities are still closed

Phase 4: Public health authorities remove limitations on all group sizes, allow public training facilities to open

Phase 5: Vaccine or cure is developed

States and local governing bodies may add stipulations or exceptions to any orders they give. Some states like Michigan made their plans according to 6 phases, not 5. The White House outlined 3 phases. The United States Olympic and Paralympic Committee made their plans designed to a return to training.

At this point, **your region would have to be at phase 3** before getting students back into the studio.

Studio recommendations (as of May 25, 2020): In order to open up studios again, the following are recommendations that should be followed.

1. **State and local regulations:** follow the orders of your appropriate state and local governance for reopening your studio. Nothing else past this recommendation applies if your governance will not allow your business to open.
2. **Education:** Dancers and staff should know the symptoms of COVID-19. A graphic is attached to print out for dance studios.
 1. Fever
 2. Cough
 3. Shortness of breath
 4. Diarrhea (watery)
 5. Sore throat/congestion
 6. Headache
 7. Chills
 8. Muscle and joint pain (multiple)
 9. Nausea or vomiting
 10. Loss of sense of smell
3. **Hygiene:** Dancers and staff need to perform the following hygienic recommendations at all times
 1. Avoid touching face
 2. Wash hands with hand sanitizer or soap and water before and after a class. Hand sanitizer should be made available in every studio room and lobby.
 3. Sneeze or cough into arm or elbow
4. **Quarantine:** Dancers or staff STAY HOME if they have any symptoms of COVID-19. They should notify the studio owners/administrators AND

contact healthcare providers. Dancers need to do BOTH! Studio owners should ensure that the parents and dancers understand this.

5. **Protect vulnerable staff and dancers:** Any dancers or staff with health conditions that make them vulnerable to COVID-19 should not come to the dance studio. This is the parents' responsibility to check with their physician for the dancer. Any staff over age 65 needs to recognize that they are at higher risk for infection and may need to stay in shelter until restrictions improve.
6. **Health Checks:** Check dancers every day to make sure they do not have any symptoms. This could be a roll call and you just check their name, a sign-in sheet, or having the front desk ask everyone coming in.
7. **Temperature Checks:** Have a couple no-touch thermometer (or 2) in the studio to check dancers if anyone is suspicious. At this time, nobody is recommending checking every dancer every time they come into the studio. But this could be a possibility.
8. **Cleaning:** Studios need to be cleaned thoroughly, then consistently. Sharp focus needs to be on barres, floors, and bathrooms/locker areas. Guidance for cleaning your studio, and with what agents, can be found at this link: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>. To clean your floors and studios appropriately, we attached the list of approved cleaning agents from the Environmental Protection Agency.
9. **Masks/face shields:** Until federal and state guidelines change, we recommend that **DANCERS WEAR MASKS OR FACE SHIELDS WHILE DANCING IN STUDIO**. We hate to recommend this but it is the only safe way to allow dancing in studios sooner. *Masks* can be homemade masks or the surgical type, not the N95 type (see below). Masks can be looser fitting but must cover the nose and mouth. Several research studies have shown that universal cloth mask usage can effectively stop the spread of COVID-19. *Shields* must extend down past the chin. Until there is a fundamental change in the nature of the pandemic (cure, effective treatment, vaccine, etc), we can only continue this route. Once states and local authorities state that masks are no longer needed in public facilities, then the dancer's masks can come off.

10.Homemade Masks: We highly encourage studios to get creative in making mask designs for their dancers. The best materials that maximize protection and breathability:

1. Double layer of T-shirt material: more breathable than a surgical mask and 98% efficient at stopping droplets
2. Double layer of any 100% cotton fabric, such as quilter's material or bed sheets.

11.Social distancing: Dancers should have 6 feet of distance around them as they dance. This would currently restrict any dances with physical contact. Sometimes dancers will get closer by accident, but with masks on, this will not pose a problem.

12.Lobbies: Parents should not wait in lobbies anymore. They should only be allowed to wait outside the studio after dropping off their dancer.

13.Shields/barriers: Studios should have a plexiglass barrier established at a front desk or area where parents talk to staff or make payments. This can hang from a ceiling and hang just above a table or counter to allow currency or forms to be transferred. Hand sanitizer should be at this location so all parties can clean their hands.

Once regulations are lifted and we move into phase 4 of training, where restrictions on all group sizes are removed, dance can then progress into physical contact without masks.

Please feel free to ask us any questions at any time. We are all working hard to find a safe way for our studios and dancers to return to dance as soon as possible.

Graphic from the USOPC on signs and symptoms of COVID-19.



UNITED STATES
OLYMPIC & PARALYMPIC
COMMITTEE

Signs and Symptoms of COVID-19

Most Common Symptoms



Fever
(> 100.4)



Cough



Shortness
of breath

Less Common Symptoms



Sore throat
Congestion



Headache
Chills



Muscle and
Joint Pain



Nausea or
Vomiting



Loss of sense
of Smell



Diarrhea

Type of mask that is acceptable to use in dance. Cloth ones should be made out of very breathable material.

