



# One Step Ahead Covid Health Plan: Protocols & Policies August 15<sup>th</sup> edition

This document has been created in tangent with:

- Alberta Health Services (AHS) Sector Guidance for Live Music, Dance and Theater – Stage 2
- Alberta Health Services (AHS) Sector Guidance for Sport, Physical Activity and Recreation – Stage 2
- The Royal Academy of Dance Teaching in the New Reality Recommendations - June, 2002
- Teaching Acro after Reopening – Acro on Islands – June, 2002

## Entering the building

- Pre screen SELF TEST test before entering the building for dancers and staff: AHS poster outside dance studio <https://myhealth.alberta.ca/journey/covid-19/Pages/Assessment.aspx>
- Return home if symptomatic. **If a dancer becomes ill during class**, mask is required and parent will be contacted for immediate pick-up. Please ensure we have multiple contact numbers on file and that they are current.
- 15 minute gap between classes to allow for less persons in the hallway  
This also allows time to clean high contact touch surfaces between classes, props, mats, barres, etc.
- ECA Mountainview Room is 100m<sup>2</sup>, max capacity for dancing is 11 including teacher
- ECA is Panorama Room is 250m<sup>2</sup>, max capacity for dancing is 27 including teacher
- DCA Dance Studio is 100 m<sup>2</sup>, max capacity for dancing is 18 including teacher
- Hand sanitizer before and after entering the dance studio room

## Class structure:

- Attendance will be taken, as always and now also be used for contact tracing purposes.
- All dancers are to arrive dressed and ready to dance, hair done in advance of arrival please
- Please drop your older independent child off at the community centre door, unless s/he would prefer to be accompanied.
- Parents please do accompany your younger child to the studio. Everyone age 2 and above entering ECA/DCA is required to be wearing a mask; as is legally required by City of Calgary.
- If family member is entering the building a sign in and out on tracking register is required. This is not required IF your child is proceeding **alone** into the building; as contact tracing will be done from the day's attendance.
- There will not be any chairs set up for visiting during dance class times for parents.
- Bathrooms will be open, but recommended to use at home facility prior to dance.
- Personal belongings should be brought into the room and set inside a designated space.

## Policies:

- Edgemont Community Association Covid Rules and Declaration, one per family must remit a signed hard copy of this upon 1st visit to ECA. N.B. Any false statements could result in legal liability towards you. Failure to remit will result in denial of access to One Step Ahead programming at the ECA.
- All partner work exercise requiring holding hands should be suspended until advised otherwise by AHS
- Suspension of the use of dance props, until advised otherwise or sanitized between uses.
- Hand hygiene: all coughs and sneezes to be covered by a tissue or a flexed elbow; tissues disposed of in trash and hands to be sanitized.
- Masks as of August 1st are not required for dance/exercise classes; this could change and our policy will keep up to date with the latest AHS guidelines. Dancers may choose to wear a mask at your discretion; although wearing a mask whilst exercising is not advised.

**One Step Ahead Dance Studio - Phone 247-3607**  
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