

Midwest Dance Center's Health Strategy

First and foremost, Midwest Dance Center (MDC) believes in the safety and health of everyone that visits the studio. The most recent health crisis caused by COVID-19 dictates enhanced cleaning and sanitation practices so that everyone is safer when out in public places. The reality is that even following the strictest of health practices as outlined by the Centers for Disease Control and Prevention (CDC) will not 100% prevent someone from ever contracting a virus. The intention per CDC's web site is to reduce and minimize the risk of exposure to any virus especially one like COVID-19. MDC's Health Strategy is modeled after the most current guidelines as stressed by the CDC and will modify its approach accordingly if current guidelines change for any reason.

Health Check

Everyone (staff and visitors) entering the studio will be subject to a non-contact temperature check. Anyone that shows signs of a higher than normal temperature (100.6° F and above) will not be allowed into the studio and asked to leave. If you or your dancer are not feeling well, please stay home.

Face Masks

There is a lot of controversy surrounding the use of face masks. The current advice is to wear at least a cloth face mask whenever social distancing practices cannot be maintained adequately. The particular nature of COVID-19 is that transmission is mostly between people through close contact and less likely through touching surfaces unless the facial area is also touched.

Currently, MDC will follow the latest guidelines for indoor activities in that face masks will be required for all staff, visitors, and dancers when social distancing practices cannot be maintained. This requirement will also extend into the studio rooms while dancers are participating in dance. We understand that wearing a mask while dancing can be challenging so routines, etc. will be modified to make this requirement as "painless" as possible.

As mentioned, MDC is committed to the safety and well-being of everyone that visits our studio. We also know there will be times when coaches, dancers, and anyone else in the studio may not have their mask on or lowered to help with breathing or any other reason. Our goal is to minimize the risk as much as possible but also provide a fun and rewarding experience through dance.

MDC will provide face masks if someone does not have one but everyone is encouraged to bring their own personal face mask.

The bottomline is that everyone should be responsible for their own actions in preventing the spread of any virus.

Personal Hygiene Practices

MDC will be implementing a Drop-Off Only practice for any dance activity. Family members or visitors will not be allowed to occupy the Lobby while their dancer is at the studio. Family members and visitors can wait in the parking lot or other areas outside the studio during these times.

If dropping of a dancer, please wait a few moments to make sure your dancer has “passed” the Health Check before leaving the parking lot area.

If a dancer has a higher than normal temperature and their parent or other ride has left, he or she will have to wait in a blocked off area of the studio and the parent will be called to pick up the person immediately. Again, if you or your dancer are not feeling well, please stay home!

Staff, visitors, and dancers will need to use approved hand sanitizer before they enter the studio spaces and after they leave these areas. If staff or dancers need to switch to a different studio room during a dance session, they will be required to use hand sanitizer before entering the other room. MDC will be providing hand sanitizer for all and throughout the studio but does encourage everyone to have their own supply and use accordingly.

The frequent use of hand sanitizer or hand washing is one of the most important health practices someone can do to help prevent the spread of viruses.

One of the next important health practices is maintaining social distance from other people as much as possible. As mentioned before, the most challenging studio areas will be the hallway and office. *No one will be allowed to “just hang out” in any area especially the back studio room.* MDC will do its best to limit the number of people that can be in a studio room or other studio areas. Staff will also do the best they can to keep dancers away from each other while demonstrating dance choreography or doing actual practice.

Dancers will be required to be in their dance attire before they come to the studio. Dancers will also be required to bring their own water bottle and other needs. Dancers will not be allowed to use the bathroom or any other facility with each other. If there is a break during a dance session, dancers will be required to stay in the room and not move to any other area within the studio unless it is absolutely required. Depending on the dance session, Strength and Flexibility for example, or weather conditions, the dancers may practice outdoors to help with social distancing, etc.

When and if possible, each studio room will increase air ventilation by having outside doors open.

Cleaning and Disinfecting (Sanitizing)

MDC has done its best to minimize room usage and preventing excessive studio room changes by different groups of people. If a studio room is going to be occupied by a different group of people, all frequently touched surfaces will be sanitized before the next group uses the room. Floor cleaning will be completed with neutral floor chemicals as directed by CDC guidelines between different group usage. Dance floors will be sanitized weekly at a minimum since sanitation practices and chemicals for dance floors are harsher on the floor surfaces than normal routine cleaning products.

High touch areas like bathrooms will be cleaned and sanitized periodically throughout the day but sanitation wipes will be available for everyone to self-sanitize after personal usage. Less used areas of the studio will be cleaned and sanitized as necessary and directed by CDC guidelines. All cleaning and disinfecting chemicals used will be from the approved EPA list.

Final Thoughts

MDC is committed to the safety of its staff, visitors, and dancers. By following the CDC guidelines for re-opening a business, MDC has done its best to prevent the spread of any virus especially COVID-19. The important thing to remember is that following the advice and guidelines of the medical community is not a 100% preventive measure but is intended to minimize the spread of a virus and its exposure to other people.

We value your love of dance and appreciate your support of our studio. We commend your courage during this most recent health crisis and honor your personal health decisions and comfort level. If you have concerns or otherwise, please do not hesitate to contact anyone at the studio. Be safe!

The bulk of MDC's health strategy is based on the information provided on:

<https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>