

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 has only made us more focused on our continued efforts. MDC's Health Strategy is modeled after the most current CDC guidelines and following the Sioux Falls School District's screening process. We will modify our current approach accordingly if recommended guidelines change for any reason or if community outbreaks increase.

Health Check

We ask that everyone self-evaluate their daily health. If you have a temperature that is 100.4 degrees Fahrenheit or higher, sore throat, new uncontrolled cough, diarrhea, vomiting, abdominal pain, new onset of a headache, or have been in recent contact with anyone that has been sick or has COVID, please do not come to the studio.

If we suspect that someone is sick or is showing any of these symptoms, we reserve the right to conduct a temperature check and make the decision to send someone home or ask them to leave the facility. **The bottomline is if your dancer or you are not feeling well, please stay home!**

COVID-19 Protocol

A 14-day quarantine is recommended for those exposed to a positive COVID-19 person. Shorter 10-or-7-day exclusion may be acceptable, if certain conditions are met. A 10-day exclusion can be used if the exposed person has no symptoms, but continues to monitor. A 7-day exclusion can be used if the exposed person has no symptoms, a negative test taken on day 5 or after, and continues to monitor.

Face Masks

There is a lot of needless 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 or if you are not vaccinated. We understand that the nature of dance makes it challenging to always maintain social distancing practices as well as it being an indoor activity. Our goal is to minimize the risk as much as possible but also provide a fun and rewarding experience through dance.

We are asking each family and individuals to make their own socially responsible decision for themselves on mask wearing. We highly encourage all dancers and

persons who are not vaccinated to wear a mask and will provide face masks upon request.

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

Personal Hygiene Practices

MDC will have hand sanitizer stations available for all staff, dancers, and visitors.

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.

We are also asking all dancers and visitors to bring their own water bottles and to not share these items. We are also encouraging all dancers to be in their dance attire as much as possible before coming to the studio. If there is a break during a dance session, dancers will be encouraged to stay in the room and not move to any other area within the studio unless it is absolutely necessary.

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

Cleaning and Disinfecting (Sanitizing)

MDC has always been committed to proper cleaning practices for all areas of the studio. We will consistently sanitize frequently touched surfaces and other high traffic areas like the bathrooms and the lobby area. All ACRO and tumbling equipment will be sanitized daily. Dance floors will be sanitized weekly at a minimum with neutral floor cleaners as directed by CDC guidelines but care will be given as the sanitation practices and chemicals for dance floors are harsher on these floor surfaces than normal routine cleaning products. 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. The important thing to remember is that following the advice and guidelines of the medical community and the CDC is not a 100% preventive measure but is only intended to minimize the spread of a virus and its exposure to other people. If you have any concerns or comments, please reach out to either Carla or Jeffrey. Finally, thank you for supporting the dreams of your dancer.