



# Downers Grove Park District Dance Academy COVID-19 Policies and Procedures

**Dear Parents and Dancers,**

Please read on for COVID-19 related policies and information for the Downers Grove Park District Dance Academy. In the case of additional guidance from the DCEO, our Park District Risk Management Agency or the CDC, these guidelines and policies may change; updates will be sent out via email. As always, if you have any questions or concerns, please do not hesitate to reach out to me!

Thank you,  
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## TEMPERATURE CHECKS

All persons entering the building will be required to have their temperature checked by a trained staff member. This includes parents & siblings. Per CDC guidelines, if someone in your group has a temperature of 100.4°F or higher, you will not be allowed to enter the facility. We will not record or store any information regarding the temperature checks and contactless thermometers will be used.

## FACE COVERINGS

All people age 2 and up will be required to wear a face covering/mask that covers both the nose and mouth at all times while inside the building, including while actively dancing. Face shields alone are not an adequate substitute for a face covering. This also includes any parents or siblings age 2 and up that enter the building.

We understand that dancing while wearing a face covering will be new to most participants; instructors will work up to more challenging/aerobic activity slowly throughout the season, and students will be monitored carefully!

## SELF-CHECK QUESTIONNAIRE

We are asking all staff, parents and participants to do at home self-checks before arriving to class. Per the CDC, individuals with COVID-19 have had a wide range of symptoms, from mild to severe illness. Symptoms may appear 2 to 14 days after exposure to the virus. Individuals with these symptoms may have COVID-19: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

Prior to arriving, please complete the following self-check:

- Do I have symptoms of respiratory infection or other new symptoms noted above (cough, shortness of breath)?
  - No – proceed to class
  - Yes, but symptoms have a known cause (asthma, COPD, chronic sinusitis, etc.) – proceed to class
- Do I have a fever at or above 100.4 degrees Fahrenheit?
  - No – proceed to class
  - Yes – don't proceed to class
- Do I feel sick?
  - No – proceed to class
  - Yes – don't proceed to class

## ABSENCE & ILLNESS

- If your child is sick or is showing any signs of COVID-19 symptoms, please stay home.

- We then ask that the individual remain home until they have been fever free without fever-reducing medication for at least 24 hours and at least 10 days have passed since the symptoms first appeared. All siblings and other members of the household will also need to remain home from Park District programs for 10 days.
- Staff or any participant households who have had close contact with someone who is diagnosed with COVID-19 should quarantine for 14 days after the most recent contact with the infectious individual.
- If the Park District is informed that your child has come into close contact with an individual with COVID-19, you will be notified as quickly as possible.
- We ask that families keep the Park District informed of any possible COVID-19 like symptoms or illnesses or if someone in their household tests positive for COVID-19 so that we can take proper precautions and inform anyone that may need to be contacted.

#### CLASS PROCEDURES

- Parents will be required to walk their child to their child's classroom.
- Please drop off dancers no more than 5 minutes before class, and please pick up promptly at the end of class. This will help minimize the amount of people in the building or passing through at a given time.
- To limit the number of people in the building, parents are discouraged from waiting inside during class. This policy is subject to change.
- Dancers should arrive already dressed for class or with tights/leotard under street clothing, if possible.
- Cubbies are available in the 4<sup>th</sup> floor hallway should you wish to use them for coats, bags, etc.; cubbies will be cleaned frequently throughout the day.
- Dancers should bring individual water bottles (clear water only - no juice, tea, soda, etc.) to class. A touchless bottle filling station is available in the lobby of the Lincoln Center. Water fountains will not be available.
- Dancers should use the restroom before class to limit the number of interruptions during class.
- Dancers with back-to-back classes will be permitted to stay in the building between classes; please note they will be unsupervised.
- Each student will have a designated space during class; all students will be at least 6 feet apart.
- Hand sanitizer will be available before, during and after class.
- Props, floor work and barre use will be minimized. All props or barres used will be disinfected between each class. Dancers may be asked to bring a yoga mat, blanket or towel if floor stretching/work is needed for class.

**On-site registration is not available. If a dancer is not listed on the class roster, they will not be permitted to join the class. New participants will not be added once a class has begun.**

#### CLASS ATTIRE

Overall, attire should allow the student to move freely without need for readjustment, and allow the dance teacher to see and correct the dancer's form and lines so that we can teach & practice dance safely! Please see below for suggested dance attire:

- Ballet: leotard & tights; leather or canvas ballet shoes
- Tap: Comfortable, non-restrictive clothing (leotard & tights, t-shirt/tank top with leggings, shorts, etc.); black tap shoes
- Jazz/Musical Theater/Contemporary: Comfortable, non-restrictive clothing (leotard & tights, t-shirt/tank top with leggings, shorts, etc.); leather or canvas jazz shoes
- Hip Hop: Comfortable, non-restrictive clothing (leotard & tights, t-shirt/tank top with leggings, shorts, etc.); hip hop shoes or clean sneakers that are worn only for class
- Creative Movement, Hula, Parent-Tot Dance: Comfortable, non-restrictive clothing (leotard & tights, t-shirt/tank top with leggings, shorts, etc.); ballet shoes, jazz shoes, or clean sneakers that are worn only for class

All classes: Midribs must be covered. Skirts and tutus are optional. Hair should be pulled back so that it stays out of eyes & off the face. Bows or non-functional accessories should not be worn.

Visit [shopnibly.com/DownersGroveParkDistrict](https://shopnibly.com/DownersGroveParkDistrict) to see suggested options for tights & shoes, and gain access to Revolution Dancewear's full stock of bodywear, footwear & accessories.