

**COVID-19 GUIDELINES**  
*Chaban Regina – COVID Etiquette*

Please review the following information with your dancer. These guidelines have been established to ensure Chaban Regina is providing the best and safest possible experience for everyone. These guidelines have been compiled from recommendations provided by the Government of Saskatchewan, the Saskatchewan Health Authority and the Canadian Dance Teachers Association, Saskatchewan Branch.

If you have any questions, please contact us by emailing [chabanregina@gmail.com](mailto:chabanregina@gmail.com)

***Prior to coming to the studio (hall), please check for COVID-19 symptoms:***

- fever
- cough
- headache
- muscle and/or joint aches and pains
- sore throat
- chills
- runny nose
- nasal congestion
- conjunctivitis
- dizziness
- fatigue
- nausea/vomiting
- diarrhea
- loss of appetite (difficulty feeding for children)
- altered sense of taste or smell
- shortness of breath
- difficulty breathing
- Note that some people experience mild symptoms or no symptoms at all.

Symptoms may take up to 14 days to appear after exposure to COVID-19. Note that these symptoms, as reported by Health Canada, are subject to change. For more information on Self-monitoring please go to [Government of Saskatchewan Self-Monitoring for Covid-19](https://public.ehealthsask.ca/sites/COVID-19) or use the SHA Online Assessment tool at <https://public.ehealthsask.ca/sites/COVID-19>

*If you are feeling unwell in any way, please DO NOT come to class.*

***Please Come Prepared***

- all students are to arrive dressed and ready for class in their dance clothes with long hair pulled back into a bun
- we recommend clean dance clothes for each day
- ensure you bring all your dance shoes and a pair of cotton socks
- any outwear must be placed in dancer's bag
- dancers may want to consider using a disinfectant spray inside and outside their shoes at the end of the day
- outdoor shoes are to be taken off and left on the boot racks
- ensure your water bottle(s) is full and has been disinfected before you arrive
- there will be no lost and found, students will be reminded at the end of class to ensure they have all their belongings
- personal belongings left behind after class may be disposed of.

**Bring essentials**

- your water bottles should be filled from home and clearly labelled
- masks are required
- dancers MUST bring a yoga mat for warm up exercises.

**Dancer drop off and collection**

*Class sizes will be limited and class schedules will be staggered to allow for the smallest possible traffic volumes and time for sanitizing of surfaces between groups.*

*We understand for our youngest dancers it might be a little scary to not have a parent present the first day or two of class, so we will allow one parent per family ONLY for those that require it. Parents will be required to wear a mask and to not stand on the dance floor.*

- plan to arrive no more than 10 minutes before class
- parents are asked not to enter the hall when dropping off and picking up students, it is suggested that parents wait by their cars so dancers can quickly identify them or wait outside the hall on the front walk (we encourage social distancing)
- please ensure to remain in your vehicle until you are waved in by your instructor or helper
- one at a time, the dancer will be greeted at the door, attendance will be taken
- once their class is complete, dancers will be released in the same manner
- dancers will be required to use hand sanitizer prior to entering the hall
- dancers are to practice physical distancing and students are not to sit on the floors
- dancers will have designated areas for their bags and water bottles
- parents are encouraged not to stay at the hall during classes
- parents must be on time to pick up their students.

**Electronics usage**

- dancers are to leave cell phones in their bags while in the studio (hall) as they are prohibited during class time, due to the high touch nature of digital electronics please sanitize your hands after using your electronics at break times.

**Building etiquette**

- signage will be posted to remind students of social distancing guidelines
- lower level of hall will be closed to dancers/parents with access only to washrooms
- the studio (hall) space and washrooms will be cleaned daily and all common touch points (i.e., door handles) will be wiped down between classes
- students will be reminded to practice social distancing and are required to follow instructions.

**Food and drinks**

- students must bring their own water bottles from home
- food and snacks are discouraged and sharing of food items is prohibited.

**Administrative procedures**

- only Interac E-transfer payments are being accepted at this time
- please email [chabanregina@gmail.com](mailto:chabanregina@gmail.com) with any questions or concerns, and we will follow up and arrange a call or in person meeting as required
- any feedback you have on these processes will be much appreciated and can be emailed to [chabanregina@gmail.com](mailto:chabanregina@gmail.com).