

The health and safety guidelines below have been developed in consultation with recommendations from the CDC, local health agencies, DanceUSA and major dance academies across the nation.

GENERAL GUIDELINES

Cincinnati Ballet's health and safety policies prioritize sanitation, health assessments, distancing measures and the use of masks. All subsequent guidelines and policies stem from these overarching principles.

- Rigorous sanitation measures will be maintained in all studios and common spaces. Studios will be cleaned between all classes and user groups. Restrooms, common spaces and other high-touch areas and surfaces will be cleaned regularly throughout the day.
- Masks are mandatory for all persons inside the Cincinnati Ballet Center at all times. Anyone refusing to wear a mask will not be permitted in the building.
- Social distancing will be maintained as much as feasibly possible throughout all spaces including waiting areas and studios.
- In order to maintain distancing and limit the number of persons in the Ballet Center at any time, only students will be permitted in the building with the exception of Children's Division students attending in-person classes. CD students must be accompanied by one family member into and out of the building. The family member is welcome to stay in a dedicated seat in the lobby or to leave and return prior to the end of their student's class. No other family members or visitors will be admitted.
- With the exception of restrooms, all communally used spaces or amenities (locker rooms, drinking fountains, vending machines, etc.) will be closed.



Important Note: While distancing measures will be prioritized heavily, it's important students and families understand that the very nature of a dance class does not permit perfect six-foot distancing at all times. Our faculty will work with students to be spatially cautious, but the use of masks has added importance in the event distancing should be temporarily compromised. We also ask families to take an active role in promoting distancing with your students, including as they enter and exit the building and studio.

HOME HEALTH ASSESSMENTS

Prior to arrival, families should take their student through a home health assessment, including a temperature check, and assess for any symptoms of illness. Any student exhibiting active symptoms such as coughing, chills, shortness of breath, fatigue, muscle or body aches (not dance related), headache, loss of taste or smell, sore throat, congestion or runny nose, nausea, vomiting, diarrhea, or a

temperature of 99.9° or higher should stay home. All parents will be asked to be on the alert for any symptoms of COVID-19 in the family unit and keep the student at home if showing any signs of illness or if they have potentially been exposed to a COVID-19 positive individual.

As part of their home assessment, students should ask themselves the following questions before leaving for class:

- Am I exhibiting any symptoms?
- Have I or anyone within my immediate location had a fever of 99.9° or above in the last 72 hours?
- Have I been exposed to anyone who has been confirmed with testing positive for coronavirus (COVID-19) within the last 14 days?
- Have I traveled to any “hotspot” or restricted state as documented by the Public Health Authority in the last 14 days?
- Is my self-check temperature above 99.9° today?

If the answer to any of these questions is “yes,” students should stay home and contact the Academy Administrative Office for options to join class virtually. These questions may change over time as public health agencies introduce new guidelines or precautions.

Home health assessment questions will be sent daily via Remind to all enrolled students anticipated to attend class on that day.

PERSONAL HYGIENE

One of the many ways students can help protect themselves and others is to follow the personal hygiene recommendations below from the CDC:

- Wash your hands frequently with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available or easily accessible.
- Avoid touching your mouth, nose or eyes.
- Cover coughs or sneezes with your arm or a tissue. If wearing a mask, keep your mask on if you need to sneeze or cough.
- Avoid exposure to others who are sick.
- Stay home if you are unwell or developing even mild symptoms.
- Get adequate sleep and eat well-balanced meals to ensure a healthy immune system.
- Clean and disinfect frequently touched objects and surfaces.

ARRIVAL PROCEDURES

- Class start times have been staggered and students should plan to arrive between 5 – 15 minutes prior to their scheduled class. Students may not arrive earlier than 15 minutes prior to class as there is not sufficient waiting room in the lobby.
- Students should arrive wearing their dance attire underneath their street clothes. Restrooms are for use as restroom facilities only and may not be used for changing attire.
- Upon arrival, all students, staff and faculty will have their temperature taken via touchless, digital thermometer. Any person exhibiting a temperature of 99.9° or above will be asked to

leave immediately and will not be permitted inside. The decision to admit any person to the building rests solely with the assigned Cincinnati Ballet staff member.

- Main Division parents should not depart the drop-off lane or parking lot until their student has successfully cleared the front door.
- Following temperature clearance, Main Division students should wait in a socially distanced line (using markers on the floor) outside of their designated studio until given permission to enter the studio.
- Children's Division students and their family member or caretaker should wait in their dedicated, distanced seat in the lobby until their teacher arrives to bring students to class. Family members or caretakers are welcome to remain seated in the lobby or to leave and return prior to the end of their student's class.

STUDIO POLICIES, DISTANCING MEASURES & CURRICULUM MODIFICATIONS

- Class sizes will be strictly limited and will be determined by the socially distanced capacity of the studio in which they take place.
- Students will be assigned a position at the barre and the center that will not change throughout the class time.
- Barre work will be 6-feet apart in distance and will be marked with assigned placement.
- Center work will have an 8- to 10-foot radius that will be marked with assigned placement.
- Movement that travels will be done in smaller groups as determined by the instructor. Floor work will also be limited and at the discretion of the instructor.
- There will be no physical contact during classes between students and/or faculty. Faculty will provide verbal corrections only. Partnering classes will be on hiatus until further notice.
- Upon entering the studio, students should remove their street shoes.
- Students will also have an assigned gear station. Each day, students should bring a clean yoga mat, towel or blanket with them to use in this space. When changing into pointe shoes, stretching, or resting during breaks, students are asked to do so on their mat, towel or blanket and not the floor. These items should be laundered, cleaned or sanitized nightly.
- Students are permitted to use the restroom during class but should seek permission from their teacher first. The number of students permitted to use the restroom at any given time will be limited.
- Children's Division students must be fully capable of using the restroom independently including washing of hands. CD students should be escorted to the restroom by a family member prior to the start of class. If the need to use the restroom arises during class, CD students will not be supervised or supported during their time in the restroom.



BUILDING & SANITATION MEASURES

- The Ballet Center will be equipped with sanitizing stations near the main entrance and in each studio. Students should sanitize their hands upon entry to the studio and in between barre and center.
- All studios will be thoroughly cleaned between classes and user groups.
- Staff will spray the barres with disinfectant between barre and center.
- Bathrooms will be cleaned and sanitized frequently.
- All touched surfaces and door handles will be disinfected regularly by staff throughout the day.
- Studio floors will be cleaned regularly.
- Restroom capacities will be designated at restroom entrances and should be used as restroom facilities only.
- Water fountains, vending machines and the elevator will be closed for common use.
- Distancing will be maintained throughout the day in all common areas.
- The Ballet Center's air filtration system has been upgraded to include MERV 13 hospital grade filters.



MASK REQUIREMENT



Based on the advice of medical professionals as well as our partners at Cincinnati Children's, all students, staff and faculty are required to wear masks at all times both in common spaces and in the studio (including during class). Any student refusing to wear a mask will be excluded from classes and activities and may not be re-admitted until they can commit to fully observing the mask requirement. In light of the mask requirement, regular breaks will be incorporated into classes.

All students should arrive at the Ballet Center with their mask on. Upper Division students should also have one – two additional clean masks and sealable Ziploc bags for each in their dance bag. Because sweat can diminish the effectiveness of masks, students should change them throughout class as

needed. When swapping out masks, students should seal their used mask in a Ziploc bag for disposal at home or for cleaning. All reusable masks should be washed nightly.

Students may wear whatever style of mask they prefer (disposable or cloth) and may secure them via ear loops or headband as long as they provide a secure fit.

Not sure which masks works for you? Check out [this great article](#) from Dance Magazine.

REQUIRED NOTIFICATION

Parents, caregivers, faculty and staff must notify the Academy if they or a member of their household has tested positive for or is presumed to be positive for COVID-19. Any person with known exposure to someone diagnosed with or presumed to have COVID-19 must self-quarantine at home for 14 days and must meet conditions prescribed by the Ohio Department of Health prior to returning to the Cincinnati Ballet Center. Students required to quarantine are welcome to participate in their classes virtually should they feel well enough to do so.

COVID-19 CASE CONTINGENCY

In accordance with CDC guidelines, Cincinnati Ballet requests any person who tested positive for COVID-19 or who suspects they may be positive for COVID-19 to seek medical advice from their health care provider, and to notify the Academy Administrative Office at cbacademy@cballet.org immediately.

The protocol below will be enacted in the event a confirmed COVID-19 case has entered the facility:

Isolation of Illness On Site:

- If a person becomes ill or exhibits symptoms while on the premises of the Ballet Center they will be promptly isolated in a specified area.
- The person's family or emergency contact (parents/caretakers if it's a student) will be advised immediately, and they will be required to leave the building as soon as possible (unless emergency medical services are required).
- The person will seek medical care on his/her own.

Communication:

- Notification to the Ohio Health Department will be sent on the same day of discovery of a positive COVID-19 case to determine a course of action.
- A general notice to anyone who has had "close contact" with a COVID-19 positive person will be sent within 24 hours. "Close contact" is defined by the CDC as being within 6 feet of an infected person while not wearing recommended PPE. Close contact generally does not include brief interactions such as walking past a person.
- In coordination with the Ohio Health Department, a specific notification will be sent with next step instructions for any persons affected by the exposure incident within 24-48hrs.

Facility Operations & Cleaning:

- Classes may be immediately suspended as a matter of safety, pending further details.
- An initial short-term closure may be implemented. The Ohio Health Department's recommendations for the scope and duration of closure will be made on a case-by-case basis in consideration of their expert assessment and Cincinnati Ballet's procedures.
- All affected spaces will undergo deep cleaning and sanitation in accordance with established cleaning protocols.

Transition to Virtual Learning:

- During any length of temporary closure, all classes will transition to a virtual learning platform.

Facility Re-Opening & Return to Classes:

- The decision to reopen any facility will be made in collaboration with local health officials and/or with reference to the most up to date COVID guidelines as established by the CDC and the State of Ohio.
- Upon return:
 - Health assessment questions and temperature taking protocols will resume.
 - All protocols as outlined in the student handbook will resume.
- Any person who was identified as a positive COVID-19 test result will be required to provide evidence of two negative test results taken 24 hours apart before returning to the Ballet Center.

The opportunity to train together in person is a privilege we take seriously. Protecting our students and faculty is a collective effort, and we rely on your full support. Failure to comply may result in inability to participate in classes and activities.

QUESTIONS

Questions? We're happy to help. Don't hesitate to contact us at cbacademy@cballet.org or 513.562.1111.