



ONE Academy of Dance is taking precautions and following specific procedures designed to help keep our staff and dancers as safe as possible as we return to the studio. These are unprecedented times, and while we cannot guarantee your dancer will not get sick, we are implementing the procedures below to greatly reduce that risk. Furthermore, each family must sign and return this page, agreeing to follow the procedures and policies we are putting in place that will help minimize the risk to everyone involved. By signing this form, you are agreeing to abide by the policies and procedures outlined here. If we find new items need to be added you will be contacted via email and have a printed copy sent home with your dancer.

1. If you bring your student to dance you are agreeing that your family has not had exposure to anyone with Covid-19/Coronavirus and that they and no one in your household is showing any signs or symptoms of the virus.
2. Dancers should arrive five minutes before their class. All dancers must remain in their vehicle until 5 minutes before the start of the class. Social distancing (maintaining a distance of 6 feet) even in the parking lot must be strictly maintained. Only dancers should exit the vehicle and line up. Our lobby is closed to parents, so that we may maintain the allowed number of people in the building. If you have any questions or need assistance please contact Meredith. For questions that aren't time sensitive: meredith@oneartsaustin.com. For more urgent questions/needs text Meredith: 512-297-9069
3. Once exiting your vehicle please maintain a distance of 6 feet and line up at the blue marks to enter the studio for classes.
4. Do not leave until you see that your child has been admitted to the studio. Upon entering the studio, your dancer's temperature will be taken. If they have a temperature of 100 degrees or above they will not be allowed to attend class in person. Dancers can attend classes via Zoom instead.
5. Dancers will be required to use hand sanitizer upon entry to the building. We ask that your dancer come into the studio wearing shoes that they have not worn in stores etc... Clean shoes from home will help keep the building clean. We also ask that dancers wear a clean pair of tights and leotard to the studio each day.
6. Dancers will go straight to their assigned studio and be put in an assigned place to dance- both at the barre and center. Dancers will be spaced a minimum of 6 feet apart at the barre and 8+ feet in center.
7. Dancers will take their dance bags, shoes and water bottle into class with them. Dancers will remain in the same studio for all classes. More information about what to bring is below. Teachers will rotate classrooms so dancers can remain in their assigned studio.
8. Dancers will be allowed to go to the bathroom, while maintaining a minimum of 6 feet apart at all times. Only two dancers may be in the "girls" bathroom at a time. Marks in the hallways and bathrooms will help guide them. Only 1 dancer may be in the single bathroom at a time.
9. It is important for the safety of our dancers and minimizing contact that you arrive on time to pick up your dancers from class. Dancers will exit the studio promptly at the end of class so that we can clean and prepare for the next group.
10. When there is a class change there is only a 15 minute time between the classes to allow students to exit, teachers to clean the studio, and for us to admit the next group. This is not a lot of time and our lobby is considered closed so there will be nowhere for them to wait. If something happens and you are running late, please text Meredith: 512-297-9069. If you do not get a response, as I am teaching and have many responsibilities that can keep me from seeing a text, please call me to let me know.
11. Face masks are NOT required for dancers. There have been some concerns published about the safety of face masks and exercise. We will leave this decision up to each household. You will be asked



to indicate your preference at the bottom of this form. If your preference changes you will need to email and text Meredith with the change.

12. Dancers may be asked to use hand sanitizer throughout the class as the teacher feels it will be helpful to keeping everyone healthy/safe.

What dancers need for classes

1. Appropriate dance clothing. Leotard and tights for ballet, pointe & variations classes. Fitted clothing for jazz and modern. Modest athletic shorts or pants for Hip Hop or Breakdancing.
2. Long hair **MUST** be pulled back and out of the face for all classes. We prefer dancers to wear their hair in a bun to minimize contact. Buns are **REQUIRED** for all ballet related classes.
3. Space in the studios is limited so we are asking dancers to minimize the size of the bag they bring to class. Dancers should have one bag that should have **ONLY** the dance shoes they need, extra leotard & tights just in case, snack, balls/therabands/rolling out devices. Dancers may bring 1 ballet skirt for ballet/variations/pointe classes to be used at the discretion of the teacher. These should be clean for each day of classes. Dancers will keep their bag underneath the barre at their designated barre spot or in the front of the classroom at a designated spot.
4. Small foam roller or lacrosse or tennis ball (ballet, jazz, modern & pointe classes only)
5. Theraband (ballet, jazz, modern & pointe classes only)
6. Required: Yoga or Pilates mat (ballet, jazz, modern & pointe classes only)
7. T-shirt to put over their leotard for some conditioning exercises. (ballet, jazz, modern & pointe classes only)
8. Hand towel (kept in dance bag) for sweating *Dancers may choose to bring a second hand towel to use to hold the barre if they would like. We will be cleaning the barres between each group that enters the studio, but we want dancers to be as comfortable as possible and enjoy their experience.
9. Water bottle with secure lid. No straws or spouts please. We have wood floors that can be permanently damaged by moisture. Dancers will **NOT** be allowed to use the water fountains for safety reasons. We will have plastic bottles of water for \$1.
10. Snack if they are enrolled in 2+ classes.

It is important to understand that the risk that each family faces is not the same. Some families may have family members with asthma or older family members residing in their household. At ONE Academy we treat each other with great consideration and care. In this type of environment, I think we should think of treating others how we would want to be treated in our most vulnerable state. By following these guidelines and agreeing to the information within this contract, we can help keep each other healthy and safe and stop the spread of Covid-19/Coronavirus. Our families deserve that!

I agree to the above policies and procedures. I also agree that my student and family will abide by them so that we can keep everyone healthy and safe. I understand that ONE Academy cannot guarantee that my child will not contract Covid-19/Coronavirus but recognize they are doing everything in their control to keep my child safe. I therefore release ONE Academy of Dance staff and employees from any responsibility associated with contracting this virus. Additionally, my family agrees to practice social distancing, hand washing, wearing of masks in crowded public places etc... to ensure that we are not spreading this virus and opening up our dance family to exposure.



While no one can guarantee that they will not contract this virus, I agree that if anyone in my household comes into contact with someone with Covid-19/Coronavirus I will notify Meredith immediately so other families can be contacted and notified of the risk. Additionally, I will not allow my child to attend classes in person at ONE Academy of Dance until a period of 14 days has passed with no symptoms for anyone in our household including but not limited to my dancer. Please indicate below if you want your dancer(s) to wear a mask while dancing at the studio.

Parent Signature

Parent Signature

Student Signature

Student Signature

Student Signature

Date: _____

*My dancer is required to wear a mask while in the studio: Yes / No

*I understand that if my dancer should show any signs of difficulty breathing because of the mask, they will be sent into the hallway by themselves to remove their mask. If we should have multiple dancers with this issue we would take a class trip outside, with distancing to remove masks.

Anything you would like to request or for us to know: _____

