

What Orlandi is doing to keep our Staff and Students Safe

- Requiring staff & students wear masks while in the building.
- Performing temperature checks for staff and students upon arrival.
- Requiring all students bring their own yoga mats for floor work
- Cleaning and disinfecting all contact surfaces such as door knobs, light switches, barres, bathroom surfaces etc. between each and every class.
- We will be doing a deep clean each night and/or before the start of each day.
- We will be limiting the number of students in each room to a maximum of 13 in order to comply with social distancing guidelines.
- Start and end times for classes will be staggered to aid in social distancing.
- If any student or staff member is seen touching his/her face, they will be promptly directed to wash and sanitize.
- Signs posted reminding everyone to socially distance and maintain proper hygiene.
- Staff will be provided with checklists for cleaning between classes.
- All doors to the outside will remain open for increased ventilation when appropriate.

Entering and Exiting the Studio

- Arrive at the studio dressed and ready to dance. Street shoes should be removed prior to entering any studios. All dance shoes should not be worn outside of the studio.
- Dancers ages 2 to 3 must have a parent or guardian take the entire class with them to help with social distancing.
- Parents of children ages 4 and up should bring their child to the front door to check in with an Orlandi staff member.
- Parents/Guardians of children ages 4 to 7 should wait in their car during the class in case their dancer has any separation or behavior issues.
- Parents are expected to screen their own dancers for Covid-19 or other transmissible disease symptoms.
- We will begin letting dancers into the building about 5 minutes before the start of class, so please wait outside or in your car until that time. Our lobby will remain closed to anyone other than staff and parents with tuition payments or questions. One parent at a time will be allowed in the lobby.
- Anyone entering the building over the age of 2 must be wearing a mask.
- Staff and dancers will sanitize their hands and get their temperature taken at the front door.

- At the end of the class, the students will remain inside until a parent comes to the door or makes themselves seen by the staff. Older students that drive themselves are allowed to leave by checking out with the staff.
- There will be 10 minutes between each class to allow time for social distancing and sanitizing the studio. Staff will disinfect all touch surfaces.
- The lost and found has been removed. Anything left at the studio at the end of the night will be thrown away.

During Class

- Items you need to bring to dance class (all items labeled with dancer's name)
 - Dance bag
 - Dance shoes
 - Water bottle
 - Yoga mat for floor work
 - An extra mask
- Dancers will be directed to a 6x6 dance space with their dance bag and yoga mat. Dancers will put their dance bags and mats on the designated spot near their dance space. Dancers must stay inside their dance space during the entire class.
- Class formats will be modified to remove any activity that would require contact between students. Lesson plans will be altered to avoid extreme physical exertion.
- The use of props has been eliminated.
- Attendance will be taken in every class to facilitate contact tracing.
- Any dancer who cannot follow the social distancing guidelines will be asked to leave class.

Masks

- Per the CDC and PA Dept of Health Guidelines, all staff and dancers over the age of 2 must wear masks while inside the facility except when drinking. If someone has a medical condition he/she cannot wear a mask, they are invited to take the class virtually via Zoom. Teachers will be going over safety measures regarding dancing in a mask continuously throughout the season. Doctors recommend wearing triple layer cloth masks with adjustable straps in dance class and washing after each class.
- A mask will make it harder to breathe during exercise initially and dancers should self monitor for symptoms of light-headedness, dizziness, numbness or tingling, and shortness of breath

- Monitor the intensity of your class/workout as you get used to wearing a mask during exercise
 - Your body will adapt over a few weeks to wearing a mask
- If you start to feel dizzy, imbalanced, or over fatigued stop your activity and rest
- Do your best not to remove your mask during class. If you do need to remove your mask, place your reusable mask into its own sealable bag, wash your hands and/or use an alcohol based hand sanitizer letting it dry for 30 seconds and then replace it with a clean one.
- If your mask becomes saturated with moisture from breathing or sweat you need to change into a dry mask.
 - A wet mask is less efficient at filtering bacteria and viruses
- All reusable masks should be cleaned ideally in a washer with hot water and soap and then dried in a dryer prior to next use. Ironing on the highest setting can also disinfect after washing and drying.
- [Please take a moment to read this article before returning to the studio.](#)

Please Stay at Home Anyone Who:

- Is Uncomfortable sending their child to the studio for any reason at this time
- Feels Ill or has a family member that feels ill with a cough, cold or difficulty breathing or has a fever
- Is immunocompromised or who is living with an immunocompromised family member
- Is living with or interacting with elderly people on a regular basis
- Has had contact with a person who has tested positive for COVID19 in the past 14 days
- Is experiencing any of the CDC's Covid-19 related symptoms, including but not limited to: Fever, Chills, Cough, Trouble Breathing, Shortness of Breath, Fatigue, Muscle Ache, Body Ache, Headache, Sore Throat, Loss of Taste or Smell, Congestion, Runny Nose, Nausea, Vomiting or Diarrhea.
- Has a higher risks of severe illness: Age 65 and older, Chronic lung disease (COPD), Moderate to severe asthma, Serious heart conditions, Immunocompromised (e.g. cancer treatment, smoking, transplants, HIV or AIDS, prolonged use of corticosteroids), Severe obesity (BMI of 40+), Diabetes, Chronic kidney disease, Liver disease, People with disabilities, Pregnant People.

Please Note:

- If a staff member or dancer has traveled out of state they will be asked to quarantine for

10 days before returning to the studio. Students may take their classes virtually while quarantining.

- If a staff member or Student, or anyone they have been in contact with has been diagnosed with COVID-19 they must report it to the studio and follow CDC quarantine guidelines before returning to work/class physically at the studio. Students may take their classes virtually while quarantining.
- If a dancer or staff member has had COVID-19, then they will need a clearance note from their doctor to return to the studio.
- If a student or staff member has been at the studio and later confirmed COVID-19 positive, the studio will close for 24 hours and undergo cleaning before reopening. Those that have been in contact with this person will also be notified.

Information Current as of January 1, 2021