

RNS Covid Outline for 21 years of age +

Client signs up online prior to class time to ensure we have contact tracing. All payments are done online and no drop ins are allowed at any point. Teachers use an app to sign in clients which allows us to know who is in the building at what time and with who. This app is on their own device to ensure no devices are being shared between teachers.

We are located inside Quadra Sport and Fitness. Clients come through reception 5-10 minutes prior to class time and sanitize hands as well as read the covid questions from the gym reception. Client walks down the hallway to our room and before entry read the covid questions that will be asked by the teacher. They then sanitize hands, and confirm they are not showing symptoms (symptoms listed on door), have not been in contact with anyone who has covid 19 or is being tested or has been asked to quarantine or self isolate, have not travelled off of Vancouver Island in the past 14 days, have not been asked to quarantine or self isolate themselves, and have not been tested for covid 19 awaiting results.

If they answer NO to all questions they proceed into the space and place all belongings in distanced marked areas (we request they come ready for class and do not bring many items with them, as well as changing rooms are closed, and water stations are closed). They go to their designated box that is distanced at 9.5 feet by 8.5 feet. This box is taped out on the floor. They then begin their class.

Exercises are demonstrated by the instructor with no music playing. Exercises that are deemed low intensity include movement that does not leave the floor (plyometrics), and movement that does not travel outside of their box. Movements that are not deemed low intensity includes anything that may increase the heart rate or breath due to the pace or length of the exercise above that of a low intensity threshold (participants should be able to breath calmly through their nose as they would in a barre or yoga class). Exercises are done based on fundamental movements and foundational aspects of dance (strengthening and lengthening of muscles). The teacher has an aisle that is marked and distanced from the clients which allows them to turn on or off their music and not pass through any client space. We require all faculty to wear a face covering at all times however clients must wear a face mask while in all common areas when not exercising in their box; however masks are encouraged at all times. Breaks are given after each exercise as well as clients are encouraged to rest should they not be able to breathe slowly and controlled through their nose meaning that their heart rate may be increasing and we require them to slow this down. All classes include a history or theatre lesson portion to allow for clients to listen rather than move while still learning about dance. Each class also ends with a slow cool down or stretch.

Once class is complete, students are asked to put their masks back on if they have taken them off for exercise and exit single file and distanced, immediately following the class ending. Teachers then sanitize all touch points and floor. All cleaning supplies have been verified through the government website which indicates which cleaners are suitable for fighting covid

19 and other viruses and bacteria. There is a 15 minute break between each class to ensure no bottle necking of client traffic.

Our space holds 8 people with our measured spacing and aisles, and has no client touch points other than clothing hooks and 1 door handle. Lights and other usual touch points are located in the gym facility and there is no equipment in our space whatsoever. Teacher touch points include a desk for their belongings, a cubby for our cleaning supplies, and a stereo all of which are disinfected between each class. All disinfectant and cleaning supplies have been confirmed through the government website which outlines which cleaners are deemed suitable for the current pandemic. We offer 2 classes Monday to Thursday with the occasional weekend booking. All faculty are texted from RNS each morning that they are scheduled to work and must answer the health screening before their shift. If they answer YES to any question the class will not run with that teacher. This teacher is then asked to submit their covid 19 test results before returning to the workplace. Regular faculty meetings occur via phone or zoom or in person in order to continually check on our staff's mental and emotional wellbeing to ensure they understand that being honest about their symptoms will not result in any negativity towards them which then allows them to feel safer in answering all questions honestly which then allows our space to continue to serve the community in a safe manner.

RNS Covid Outline for under 21 years of age

Client signs up online prior to class time to ensure we have contact tracing. All payments are done online and no drop ins are allowed at any point. Teachers use an app to sign in clients which allows us to know who is in the building at what time and with who. This app is on their own device to ensure no devices are being shared between teachers. With partnered businesses both companies are required to have waivers signed as well as contact tracing in place.

We are located inside Quadra Sport and Fitness. Clients come through reception 5-10 minutes prior to class time and sanitize hands as well as read the covid questions from the gym reception. Client walks down the hallway to our room and before entry read the covid questions that will be asked by the teacher. They then sanitize hands, and confirm they are not showing symptoms (symptoms listed on door), have not been in contact with anyone who has covid 19 or is being tested or has been asked to quarantine or self isolate, have not travelled off of Vancouver Island in the past 14 days, have not been asked to quarantine or self isolate themselves, and have not been tested for covid 19 awaiting results.

If they answer NO to all questions they proceed into the space and place all belongings in distanced marked areas (we request they come ready for class and do not bring many items with them, as well as changing rooms are closed, and water stations are closed). They go to their designated box that is distanced at 6.5 feet by 6.5 feet. This box/X is taped out on the floor. They then begin their class.

Dancers are to wear masks throughout their class.

Once class is complete, students are asked to exit single file and distanced, immediately following the class ending. Teachers then sanitize all touch points and floor. All cleaning supplies have been verified through the government website which indicates which cleaners are suitable for fighting covid 19 and other viruses and bacteria. There is a 15 minute break between each class to ensure no bottle necking of client traffic.

Our space holds 15 people with our measured spacing and aisles, and has no client touch points other than clothing hooks and 1 door handle. Lights and other usual touch points are located in the gym facility and there is no equipment in our space whatsoever. Teacher touch points include a desk for their belongings, a cubby for our cleaning supplies, and a stereo all of which are disinfected between each class. All disinfectant and cleaning supplies have been confirmed through the government website which outlines which cleaners are deemed suitable for the current pandemic. All faculty are texted from RNS each morning that they are scheduled to work and must answer the health screening before their shift. If they answer YES to any question the class will not run with that teacher. This teacher is then asked to submit their covid 19 test results before returning to the workplace. Regular faculty meetings occur via phone or zoom or in person in order to continually check on our staff's mental and emotional wellbeing to ensure they understand that being honest about their symptoms will not result in any negativity towards them which then allows them to feel safer in answering all questions honestly which then allows our space to continue to serve the community in a safe manner.