



Health Safety Plan

Updated: As of Oct. 21, 2020 to comply with provincial health directives

The health and safety of our students, staff and the North Woodside Community Centre's staff is paramount. The well-being of LHSD is directly connected to the well-being of our students and instructors. When we take care of each other, students learn and grow in a secure environment and the whole school prospers in multitudes of ways.

The following Health Safety Plan has been developed based on recommendations from the N.S. Department of Communities, Culture & Heritage in accordance with the N.S. Health Protection Act Order, public health directives and the management of the North Woodside Community Centre. Please take the time to read our Health Safety Plan thoroughly and explain necessary information to your child before attending classes, so that they can enter the building calmly and participate in classes comfortably.

The success of the plan depends on everyone working together. I'm confident everyone will learn this new routine easily. Thanks for understanding that this is an evolving document for an evolving situation, and it is subject to change...

Health Screening Questionnaire & Code of Behaviour

- **A completed and signed hard copy of the *Health Screening Questionnaire* must accompany your completed registration form or be remitted at your first class. Subsequent health screenings will be done verbally before every class.**
- All students or parents/guardians who enter the building must comply with the instructions in this document.
- Any students who do not follow the health safety instructions of faculty will be sent home from class without refund.
- Students with symptoms listed in the Health Screening Questionnaire must not attend classes.

Physical Distancing & Room Capacity

We must adhere to physical distancing protocols in the common areas of the building, including the washrooms. The N.S. Health Protection Act Order currently permits us to have 10 persons in the studios for all classes without physical distancing. We reserve the right to adjust class sizes and schedules in the event public health directives change.

In the Studio & Cloakroom

- The studios will be limited to 10 persons including the instructor and teaching assistant.
- Students and instructors are not required to wear masks when taking class, as per current government instructions, but we encourage wearing masks as much as possible.

- The cloakroom is **solely** for use of the instructors or students waiting for pick-up until further notice. Students will leave their personal items at their 'Home Base' in the studio. (See below.)

In the Building's Common Areas

- **As of July 31, 2020 everyone is required to wear masks in the building's common areas**, with the following exemptions:
 - Children aged two or under
 - Children aged two to four, if their caregiver cannot get them to wear one
- All areas of the building have been reduced to 50% capacity.
- Everyone must stay two (2) metres apart when moving through hallways.
- Hallway benches and chairs have been removed to permit better physical distancing.
- Note that student and parents will not be allowed to wait in the hallways at this time.
- Please following the directional arrows at all times.

Arriving for Class — Step-by-Step

- Please arrive at the check-in time for your class and wait physically distanced at the main front door. You will not be given access earlier than your check-in time.
- Students, don't buzz the studios when you arrive on time. The instructors will meet you at the front door at your check-in time.
- Latecomers will be required to buzz the appropriate studio and wait at the front door for an instructor to give you access. Please understand you may have to wait for a suitable break in the class.
- Students should arrive dressed for class wearing a mask. (See above.) You will not be permitted to use the washrooms or LHSD cloakroom for changing or for personal items at this time.
- You can only enter the building with the permission of your instructor, not other people.
- Please do not bring any food into the building. Filled water bottles are permitted. (See equipment list below.)
- Students should have a dance bag or plastic bin with a lid large enough to contain all of their street attire including shoes. (See required equipment below.) We will not be leaving street shoes in the hallway.
- Instructors will meet you at the main front door to verbally confirm your *Health Screening Questionnaire*, where you will sanitize your hands (provided by Centre), and then proceed to the studio physically distanced.
- **Parents of KiDance/Ballet Primary** — You will be allowed to enter the building wearing a mask to assist your child getting prepared for class, then please immediately exit via the designated exit for that studio. (See *Exiting the Building* below.) **Do not return to the front of the building.**
- **All other parents** — In order to control building capacity, you will not be allowed to enter the building at this time.
- At the studio door, remove your street shoes and place them in your dance bag or bin. Place your bag or bin at an empty 'Home Base' spot. This will be your personal spot for the whole class. **Please do not touch anyone else's belongings.**

Washroom Usage

- During class times the wheelchair accessible washroom at the end of the hallway by the main studio is solely for the use of LHSD students. The washrooms are being disinfected by Centre staff frequently.
- **Younger students** — Please encourage your child to use the toilet before leaving home for class. Teaching Assistants will assist younger students as needed.
- **Older students and instructors** — Please sanitize the contact surfaces of the washroom before and after use, including toilet seats, taps, door knobs etc. The Centre is providing cleaning products for this purpose.

Student Equipment List

To limit contact transmission we will not be using the LHSD mats and conditioning equipment at this time.

- **All students** should bring the following items to all classes:
 - Mask as per instructions above
 - Paper bag, envelope or plastic baggie to store mask
 - Dance bag or plastic bin large enough to contain all personal items including street shoes
 - Filled water bottle. We will not be using the hallway water fountains
 - Personal bottle of hand sanitizer. (Please do not use the LHSD instructor sanitizer.)
 - Plastic bags for wet items and street shoes
 - Personal first aid kit with band-aids etc.
 - Optional items: personal disinfectant wipes & hand towel
- **Conditioning class** students should bring the following additional items:
 - Yoga mat
 - Medium strength exercise band (1 to 1.5 metres is a good length)
 - One tennis ball or medium massage ball
 - Stability ball when needed. Students will be given advance notice

Class is Over & Exiting the Building — Step-by-Step

Instructors will only have a few minutes between classes to sanitize barres and meet the next class at the main doors. We ask that students collect their belonging and leave the building as quickly as possible.

- All instruction will end five minutes before the end of class time to enable class transitions and studio cleaning.
- Put on any street wear over your dance wear (Instructors will help younger children get dressed.). Collect your bag/bin and conditioning equipment from your home base and then take it into the hallway to put on your street shoes.
- All students must exit the building via the designated exit for that studio . (See below.) **Do not return to the front of the building.**
- **Exit for all studios:** Use the hallway to the side door exiting into the large south parking lot.

Picking Up My Child

- **Parents of KiDance/Ballet Primary** — Please arrive at the front door physically distanced five minutes before the end of your child's class. You will be allowed to enter the building wearing a mask to assist your child getting prepared to exit, then please immediately exit via hallway to the hallway exiting into the large south parking lot. **Do not return to the front of the building.**
- All other parents should arrive five minutes before the end of class at the large south parking lot exit.
- If you arrive on time to pick up your child, please don't buzz from the main front door. Your child will be taken the side exit at the pick-up time.
- If parents are late for pick-up time, instructors will take your child back into the building so the instructor can screen the next class into the building. (See below for what to do next.)

When can I use the main door intercom? Only if you arrive late.

- Students, if you arrive late, you can use the buzzer. As we cannot leave classes unattended, we will do the screening on the intercom. You must enter the building wearing a mask and you must sanitize your hands at the front door entry.
- Parents, if you arrive late, you can use the buzzer. You must do a verbal health screening on the intercom. You must enter the building wearing a mask and you must sanitize your hands at the front door entry. You can then exit the building with your child via south parking lot exit.