



Health Safety Plan

Updated: As of March 21, 2022 to comply with Phase Three 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 Phase Three 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 adjust to some new routines easily. Due to everyone's diligence we have not had any transmission at LHSD during the pandemic and we hope that can continue. Thanks for understanding that this is an evolving document for an evolving situation, and it is subject to change...

Code of Behaviour & Contact Tracing

- 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 COVID-like symptoms must not attend classes until they have negative test results or have been diagnosed by a health practitioner.
- We request that you continue to report any possible COVID contact transmission so that we can advise other students and instructors. This helps keep the LHSD community and their families healthy and safe.
- Students with COVID must not attend classes for seven days following the onset of symptoms or a positive test. Students are welcome to attend via Zoom during that quarantine period.

Proof of Vaccination - No Longer Required

Nova Scotia Provincial Health no longer requires proof of vaccination to participate in dance classes.

Masking

In this time of transition we recognize that we will all be adjusting to the masking choices of others and the effect that might have on our choices about physical distancing. Please be tolerant and understanding of everyone's personal choices in these matters. Ultimately we want to maintain an environment where all students and instructors feel safe and respected.

In Hallways & Washrooms — The municipality’s mandatory mask order is now rescinded. Wearing a mask in the hallways, washrooms and other common areas is optional and an individual choice. The Centre’s management and LHSD recommend that you continue to wear masks in these areas of the building.

In Studios & Classes — In accordance with provincial health directives, masks are no longer required to be worn during dance classes. Consider the following masking options that suit your comfort level:

1. Wearing a mask throughout the full class.
2. Wearing a mask while at the barre or when distancing cannot be maintained.
3. Only removing a mask for centre exercises that require greater physical exertion.
4. Attending class without a mask.

Physical Distancing & Room Capacity

In Hallways & Washrooms:

- According to municipal policy gathering limits and distancing orders are now rescinded.
- The North Woodside Association would like to discourage people from gathering in the hallways and will not be reinstalling hallway benches and chairs at this time.

In The LHSD Cloakroom:

- The LHSD cloakroom will continue to be a teacher-only area, due to the restricted size of the room and lack of air flow. Students will continue to leave their outdoor footwear by the hallway door and bring their personal items into the studio to leave at their individual ‘Home Base’ spot.

In Studios & Classes:

- LHSD traditionally maintains small class sizes, and therefore we will continue to be able to distance students as much as possible.
- To assist the Centre in limiting numbers in the hallways, LHSD will continue to meet students at the main front doors at the start of their class time, and exit via the side door to the large parking lot at the end of classes.

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 or change in the public washrooms. You will not be permitted to use the LHSD cloakroom for changing or for personal items at this time.
- Students should have a dance bag large enough to contain all of their street attire. (See required equipment below.) We will be leaving street shoes in the hallway by the studio doors.
- Instructors will meet you at the main front door, where you will sanitize your hands (provided by Centre), and then proceed to the studio.

- **Parents of KiDance/Ballet Primary** — You will be allowed to enter the building 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. 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
 - Pouch or plastic baggie to store masks as needed
 - Dance bag large enough to contain all personal items
 - 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 on rainy days
 - 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 belongings 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 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 by the instructor or teaching assistant.
- If parents are late for pick-up time, instructors will take your child back into the building so the instructor give the next class access to 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.