

christian DANCE ALLIANCE WELLNESS POLICY

UPDATED 2021 08 15, EFFECTIVE 2021 08 15

Keeping dancers home when they are ill is essential to protect the health and wellness of CDA students, families and instructors. Out of respect and care for one another, we ask that you commit to following the guidelines set forth in this Wellness Policy and exercise an abundance of caution to help keep our dance community healthy. Our instructors and staff will closely monitor the health of our students while at dance. Students should be well enough to participate in all classroom activities. Any student exhibiting symptoms of illness will be isolated, and the parent will be contacted to pick up the student immediately. Instructors and staff will abide by this same policy.

Prior to arriving for class:

- Review any new documentation provided by CDA, policies and procedures are subject to change.
- **If the answer to any of the following general health screening questions is “yes,” do not send your dancer to class:**
 - Has the dancer had a temperature of $\geq 100^{\circ}$ F in the past 24 hours?
 - Has the dancer had vomiting or diarrhea in the past 24 hours?
 - Does the dancer have any COVID-19 related symptoms?
 - Cough, difficulty breathing, shortness of breath, fatigue, chills, shaking, body aches, muscle pain, new loss of taste or smell, congestion, headache, sore throat, nausea, vomiting or diarrhea.
 - Has the dancer tested positive (or is awaiting test results) for COVID-19? Please follow CDC isolation guidelines and monitor symptoms. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
 - Has the dancer been exposed to someone who has tested positive (or who is awaiting test results) for COVID-19? Please follow CDC quarantine guidelines and monitor symptoms. <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
 - Note – if dancer is quarantining from exposure at school or another activity, they should not come to dance class.
- **If the dancer has any of these other maladies, do not send your dancer to class:**
 - Dancer is “out of sorts” or inconsolable
 - Mouth sores
 - Pink eye (conjunctivitis)
 - Rash or skin lesions that are undiagnosed or diagnosed as contagious
 - Other potentially contagious illness such as, but not limited to:
 - Flu-like symptoms
 - Croup
 - Strep
 - Herpes virus
 - Impetigo
 - Ring worm
 - Lice or scabies
 - Nausea
 - Roseola
 - Thrush
 - Chicken Pox, Measles, Mumps, Rubella, Pertussis
 - Hand, Foot, Mouth disease (coxsackie virus)
 - Other undiagnosed illness

If the dancer tests positive for Covid-19:

- Dancer should isolate for a minimum of 10 days and follow CDC isolation guidelines. See: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html> for more information.
- After 10 days AND 24 hours fever free without the use of fever-reducing medications AND if symptoms have improved, dancer may return to class.
- All family members should not attend classes for a minimum of 10 days (or 7 days with a negative test after day 5) and monitor symptoms.
- Please notify the Director at info@christiandancealliance.com so CDA can take all necessary precautions as directed by the Hamilton County Health Department.

If the dancer has close contact/high exposure to someone who tests positive for Covid-19:

- Dancer should follow CDC quarantine guidelines. See: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html> for more information.
- After 10 days AND with no symptoms, dancer may return to class.
- Or after 7 days AND with documented negative Covid-19 test (administered on day 5 or later) AND with no symptoms, dancer may return to class.
- If symptoms develop and Covid-19 is confirmed, please notify the Director at info@christiandancealliance.com so CDA can take all necessary precautions as directed by the Hamilton County Health Department.

If the dancer has been sick (Covid-19 or otherwise), prior to returning to class:

- Answers to above general health and Covid-19 screening questions must be “no.”
- Dancer must not be exhibiting symptoms of illness or maladies listed above.
- Dancer should not return to classes until she has been free of illness and fever for at least 24 hours without the use of fever-reducing medications.