

**Moravian College
Dance Program
COVID Guidelines**

As we prepare for the new school year, we wanted to make everyone aware of some changes to maintain safety standards while dancing at school. The Music Department is utilizing the Dance USA guidelines for "returning to dance training Covid-19 considerations" and here is what we can tell you thus far:

1. Masks MUST be worn while dancing both inside and outside (a face shield is not permitted as a replacement for a mask). If you have a pre-existing medical condition that an individual cannot wear a mask, please make sure to consult your primary care physician.

Considerations for dancers wearing masks:

- *A mask will make it harder to breathe during exercise initially and dancers should self-monitor for symptoms of: lightheadedness, 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.*
- *You may not remove your mask during class. If you do need to remove your mask, dispose of single use masks in the trash or place a 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 because a wet mask is less efficient at filtering bacteria and viruses.*
- *You should change your mask following physical activity (likely after each studio class) and must wear a clean, fresh mask every day.*
- *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.*

2. The studio floor spaces WILL be taped out so each dancer has their own "box" along with tape marks on the barres 6 ft apart. Yes, you read correctly - studios - we will have 2 to work in starting this year which will help a lot with social distancing!!

3. Lockers will be available for your belongings in the dressing area, but there are only 14 AND we are asking dancers to bring as little with them as possible. Please come dressed for class (wear leotards/tights under school clothes). There are 2 individual bathrooms that can be accessed through the Hill entrance as well.

4. NO food will be allowed anywhere in the dressing room or dance studios.
5. As always, everyone will audition for Dance Company, but it will likely be a bit different than past years and will be held on South Campus. If I cannot hold auditions outside behind the Hill on the first days of classes (8/24 starting at 6:00pm) with everyone interested; then there will be at least 2 sets of auditions (dancers will be required to sign up for 1 slot prior to the start of class, no drop ins). More specific info to follow the week of August 17th.
6. We should be able to utilize (at least on Monday's) the outside space right behind the Hill for at least the first 2 weeks of classes, if not longer and will likely be asking students to purchase their own yoga mat or bring a large towel for more floor barre work and stretching classes.
7. A whole separate email will go out about annual dance screenings and the trainer who will be working directly with us before classes begin.
8. I am currently working with the Athletic Training Director on - an emergency plan, concussion plan, and asthma management plan along with first aid needs now that we will not be directly next to their office.
9. We can use the dressing room as the break room to get water only and inhaler breaks as needed or go directly outside as there are tables and chairs set up directly in front of the studio. The first few weeks Karen and I do not expect to go full force as it will take time to get used to dancing with a mask.
10. NO street shoes will be allowed in the studio as they can carry particulates on them.
11. Time will be needed in between any back to back classes and rehearsals to thoroughly clean the studio space including the floor. Likely, those classes will end a few minutes early or go into class discussions outside of the main studio space to accommodate the cleaning process. When possible, please try to wait outside so we can clean the locker area as well. Your instructor will invite you in when the space is ready.

Fall "Performances and class info -

Homecoming - as President Grigsby wrote, it is unlikely this event will occur this October. Should things change, I will let you know if we are able to perform during halftime as we have in previous years.

Dance Progressions is currently scheduled for Thursday, November 19th. This will be a VIRTUAL informal showcase - no audience will attend. We are still considering if this will be a live virtual performance or recorded.

Tap Ties - community tap classes WILL still be offered on Tuesday evenings, BUT these will be completely online (and are not a requirement of Company). These classes are free to Moravian students. More information to follow when it is available.