



## Miami City Ballet School Health and Safety Guidelines

The health and safety of our students and employees are of paramount importance to Miami City Ballet School (MCBS.) We are closely monitoring the latest developments regarding novel coronavirus (“SARS-CoV-2,” which causes the disease known as “COVID-19”) to ensure that we are following appropriate recommendations from health authorities and to proactively implement measures to ensure a safe environment.

**This guide is intended to be a dynamic document. Additional guidance will be followed as COVID-19 outbreak conditions change as new information about the virus, its transmission, and impacts, becomes available.** The materials have been developed by CIH Environmental Solutions, following the guidance of a Board-Certified Industrial Hygienist (CIHES) who performed a Building Wellness Verification program. The purpose of this program was to assess the current practices related to the heating, ventilation, and air conditioning (HVAC) systems, operations and maintenance, and facility management and to propose recommended actions for enhancement of conditions to assist in minimizing the potential for the spread of COVID-19 within the building. And, to develop a comprehensive plan of action that effectively and efficiently navigates the ever-changing dynamics of this “new normal.”

The basic recommendations outlined below are intended to assist MCBS in providing the students and other occupants with an understanding of the suggested measures that will be taken to further enhance the health and safety of individuals returning to the building and to minimize the potential for the spread of COVID-19. Since new information and data regarding COVID-19 and the coronavirus are rapidly being introduced by the scientific community, it should be noted that guidelines are likely to be updated and changed at a similar rapid pace.

## School Operational Standards



Students will be required to arrive wearing their proper dancewear and will not be permitted to change in the dressing rooms.



Prior to student's arrival make sure to submit the Household Health Questionnaire. Students class schedule will be staggered and students will not be allowed into the building until half hour before their class time with a limit of 10 occupants in the lobby including employees.



Markings will be placed at least six feet on sidewalks at the building entrances, with signs directing to use the markings to maintain distance.



Parents/Guardians not will be allowed into the building. Alternative methods for appointments will be offered by contacting the school office in advance (e.g. Phone/ Video conferencing.)



Facial covering will be required to be worn by all **non vaccinated students and visitors** when entering the building and while inside the property. Cover mouth and nose with mask and make sure there are no gaps between your face and the mask. Any student who cannot use a facial covering due to a medical condition should contact the school office prior to the starting of the program.



All occupants and visitors will be required to observe social distancing rules in all areas of the building, personal hygiene expectations such as face coverings and hand-cleaning, and avoidance of shared items. To assist with this, sufficient supplies will be made available to all occupants and visitors, e.g. hand soap, hand sanitizer, disinfecting wipes, face coverings, etc.



Hand disinfecting and hand washing will be part of the daily school routine. Anyone entering the building will be required to sanitize their hands upon entering the facility.



Temperature checks will be conducted prior to the student's entry into the building.



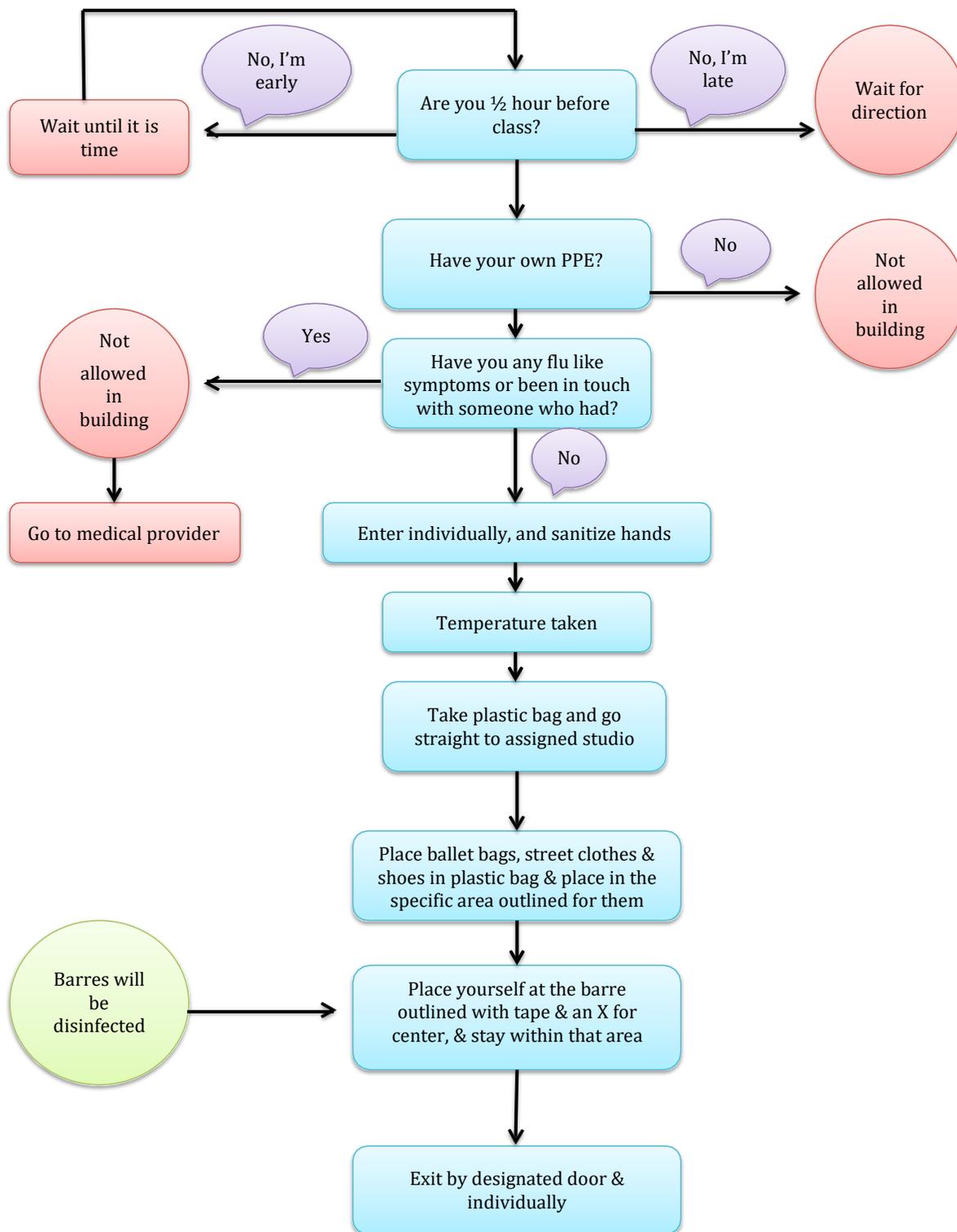
Common areas inside the building will be marked to assist students to comply with social distancing guidelines. Including barres and the studio floors.



All students will be asked to follow building entry rules, including measures such as touch-free temperature taking and as well as foot traffic/ingress/egress patterns within the building.



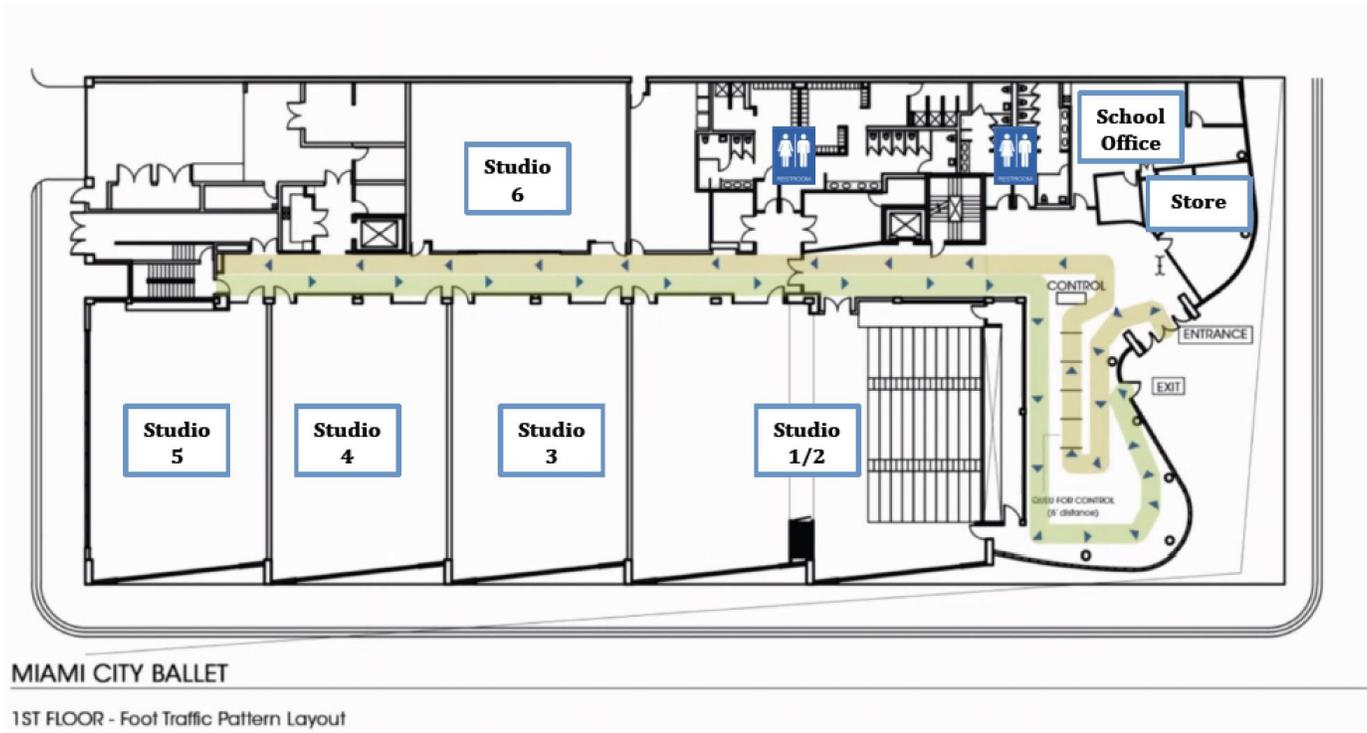
Parents/Guardians must arrive for student pick-up on time. All students will be required to leave as soon as class ends.

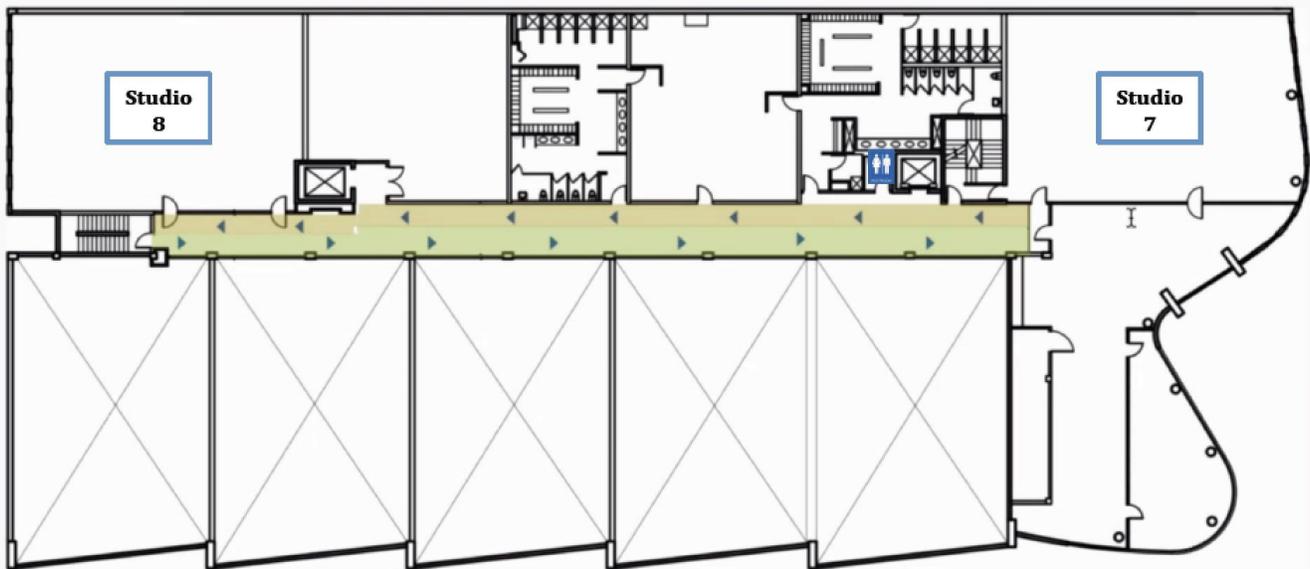


## Protocols for common spaces

Maximum allowable occupancy loads in all areas have been modified to ensure that proper social distancing can be achieved throughout the building. We have calculated allowable zones for interaction based on the six feet distancing criteria, and determined maximum occupancy for all areas. CDC signage will be posted in publicly trafficked locations emphasizing measures to “Stop the Spread of Germs” (CDC) and exercise social responsibility (e.g., hygiene.)

- ❖ Restrooms will be used by one or two students at a time, dictated by the capacity of each space. A chaperone will be present at each restroom to ensure students follow protocols. Restrooms will be cleaned with CDC approved products.
- ❖ Students will not be allowed to use the dressing rooms.
- ❖ Students will **NOT** be allowed to use the elevators.
- ❖ The use of common water fountains will be eliminated. Water bottles **MUST** be marked with the student’s name.
- ❖ Students will not be allowed to use the gym.





MIAMI CITY BALLET  
2ND FLOOR - Foot Traffic Pattern Layout

### **Safety Measures established inside the studios**

- ❖ Each barre will be marked with a distance of at least six feet between students.
- ❖ Each dancer's center work area will be delineated at least 6 feet apart.
- ❖ An area will be designated for the instructor's position to keep distance from the students.
- ❖ No activities will be allowed that require direct or indirect contact, tactile cueing, direct floor work, or touching the same equipment.
- ❖ Dancers should maintain at least six feet distance apart standing side by side in one line and allow each group to complete the combination to the end of the room before the next group starts.
- ❖ The studios will be cleaned and disinfected throughout the day

### **Cleaning & Sanitation Protocol**

- ❖ All equipment and meeting amenities will be disinfected before and after each use including barres, pianos, and stereo equipment.
- ❖ CDC guidelines will be used to clean and disinfect all public spaces including but not limited to, front desk, offices spaces, elevator, elevator buttons, door handles, public bathrooms, stair handrails, dining surfaces, and seating areas.

## **Dining/Student Lounge Area Protocols**

- ❖ Please note that refrigerators and vending machines will not be available for use.
- ❖ Students will have staggered lunch schedules and they will eat their meals in socially distanced lunchrooms.
- ❖ Seating arrangements will be modified to ensure at least six feet of separation between table setups with no one sitting directly opposite one another or next to each other.
- ❖ Tables and other areas will be thoroughly cleaned and disinfected after each use.
- ❖ A chaperone will be with students at all times to ensure proper hygiene, safety, social distancing, and health requirements are maintained.
- ❖ Students will need to supply their own lunches. Please note that refrigerators will not be available, and food delivery is not permitted.

## **Required protocols if a student has signs or symptoms of COVID-19**

- ❖ A student experiencing [COVID- like symptoms](#) AND has had close contact (at least 15 minutes) with a person suspected or confirmed to have COVID OR has traveled to an area that the local/state health department is reporting large numbers of COVID-19 should stay home until:
  - At least 10 days have passed since symptoms first appeared, and
  - At least 24 hours have passed since last fever without the use of fever-reducing medications, and
  - Other COVID-19 symptoms have improved.
- ❖ If the student has the above symptoms (1) but has not had close contact with a person suspected or confirmed to have COVID and has not traveled to an area with a high level of COVID; OR (2) has received a negative COVID test, the student should be excused from school in accordance with existing school illness management policy (e.g., until symptom-free for 24 hours without fever reducing medications).
- ❖ Other persons at the facility who have had close contact (at least 15 minutes within 48 hours before symptoms first appeared or anytime after) with a person with suspected or confirmed COVID should be considered exposed. In such case, the individual should stay home for 14 days and then self-monitor for symptoms.
- ❖ Staff and faculty will have the authority to stop or modify activities.
- ❖ If close contact exposure occurs within the building, MCB will conduct contact tracing for notification and strive to take appropriate measures to clean and disinfect the location where the infected person was and any other impacted spaces, in accordance with CDC recommended protocols.

## **Close contact to someone who tested positive**

People who have been in **close contact** with someone who has COVID-19—excluding people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

### **What counts as close contact?**

- ❖ You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- ❖ You provided care at home to someone who is sick with COVID-19
- ❖ You had direct physical contact with the person (hugged or kissed them)
- ❖ You shared eating or drinking utensils
- ❖ They sneezed, coughed, or somehow got respiratory droplets on you

### **Steps to take**

#### **Stay home and monitor your health**

- ❖ Stay home for 10 days after your last contact with a person who has COVID-19 OR stay home, wait 4 days, present a negative COVID-19 PCR test.
- ❖ Watch for fever (100.4°F), cough, shortness of breath, or **other symptoms** of COVID-19
- ❖ If possible, stay away from others, especially people who are at **higher risk** for getting very sick from COVID-19

## **Clearance to enter the building after testing positive for COVID-19**

- ❖ Stay home for 14 days since symptoms first appeared **and**
- ❖ At least 24 hours with no fever without fever-reducing medication **and**
- ❖ Other symptoms of COVID-19 are improving\*\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

If you had severe illness from COVID-19 (you were admitted to a hospital and needed oxygen), your healthcare provider may recommend that you stay in isolation for longer than 10 days after your symptoms first appeared (possibly up to 20 days) and you may need to finish your period of isolation at home.

Students will additionally will be required to take one (1) PCR COVID-19 test in order to be allowed to enter the building **OR** pediatrician note stating no longer contagious and cleared to resume activities

**Please note** that the only tests that will be accepted will be the **SARS-CoV-2 RT-PCR**.

Student test results for students must be sent to Lisa de Ravel, School Managing Director  
[lisa.deravel@miamicityballet.org](mailto:lisa.deravel@miamicityballet.org)

## **Travel**

### **❖ Travel Protocols for Vaccinated Students**

Effective immediately, according to the most recent travel updates with the CDC, anyone who has been FULLY VACCINATED with an FDA-authorized vaccine (after 2 weeks) can travel safely and will not need to get tested and/or self-quarantine in order to enter the building. Students must show proof of being fully vaccinated at least 2 weeks before travel (include dates of 1st and 2nd dose vaccination) for clearance to enter the building.

Please note, according to the CDC Guidelines “People are considered FULLY VACCINATED:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine.”

### **❖ Travel Protocols for NON-Vaccinated Students**

Currently, anyone who is NOT FULLY VACCINATED and traveling **within 300-mile radius other than in a vehicle**, will be required to wait 4 days starting on the day of arrival from travel and then take one (1) PCR COVID-19 TEST OR quarantine for 14 days with no COVID like symptoms for 72 hours, in order to be allowed to enter the building.

Please note that the only tests that will be accepted is the SARS-CoV-2 RT-PCR.

Student's test results must be sent to Lisa de Ravel, School Managing Director, [lisa.deravel@miamicityballet.org](mailto:lisa.deravel@miamicityballet.org)

## **FACIAL COVERINGS/MASKS**

Students who are fully vaccinated as defined by the CDC, will not be required to wear a facial covering but may do so if they wish. A vaccination card will be required.

The CDC determines you to be “fully vaccinated”:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine.”

Send student’s proof of vaccination card to School Managing Director, Lisa de Ravel  
[lisa.deravel@miamicityballet.org](mailto:lisa.deravel@miamicityballet.org)

**Students who are NOT fully vaccinated will be required to wear facial covering.**

If required, test results must be emailed to Lisa de Ravel, School Managing Director  
**[lisa.deravel@miamicityballet.org](mailto:lisa.deravel@miamicityballet.org) prior to the returning to the studios.**

## **Confidentiality**

MCBS will respect the privacy and confidentiality of any student who reports an illness. Please be aware that due to the seriousness of exposure to the novel Coronavirus/COVID-19, MCBS may need to inform others who came in close proximity to an infected student, without identifying the student by name. MCBS also may be required to notify governmental authorities, including the public health department, the CDC, and the Occupational Safety and Health Administration.

## **Compliance with Safety Protocols**

Students who fail to comply with the safety protocols or who engage in conduct that threatens the health or safety of their fellow students or our members will be asked to leave the program.

## **Hygiene and Prevention**

- ❖ Wash your hands often with soap and water for at least 20 seconds. Students should review posters and visit the CDC's clean hands webpage for more information.
- ❖ If soap and water are not available, use an alcohol-based hand sanitizer that contains 60-95% alcohol to disinfect your hands. Soap and water should be used if hands are visibly soiled.
- ❖ Cover your nose and mouth with a tissue when you cough or sneeze (or use the (inside of your elbow if no tissue is available). Immediately throw out the used tissue and then wash your hands with soap and water or an alcohol-based hand sanitizer. Learn more about coughing and sneezing etiquette on the CDC website
- ❖ Do not touch your face, eyes, nose, and mouth, especially with unwashed hands.
- ❖ Do not shake the hands of other students. We encourage the use of other noncontact methods of greeting others.

## **Modification**

MCBS reserves the right to modify the terms of this document if necessary for business needs, because of medical developments, to comply with applicable law, or because of changes in the information available regarding the control and treatment of COVID-19.

## **Questions or Concerns**

We are all responsible for our safe workplace and we appreciate the cooperation of all our students and parents to help prevent the spread of COVID-19. We will continue to closely monitor the situation and provide updates as needed. Any parent or guardian who have questions concerning these new safety procedures and policies, or have concerns regarding workplace safety, should contact the school office at 305-929-7007 or email us at [school@miamicityballet.org](mailto:school@miamicityballet.org).