

# **Mitkof Dance Troupe (MDT) COVID-19 Mitigation Plan For OUTDOOR STUDENT DANCE AND ADULT EXERCISE CLASSES**

**Updated September 20th, 2020**

***MDT MISSION STATEMENT:** The Mitkof Dance Troupe (MDT) strives to empower individuals in body and mind through dance education and creative movement. We inspire community wellness and the continued development of performing arts in Petersburg. MDT is a non-profit educational and charitable organization consisting of a general membership open to all individuals.*

**\*Mitkof Dance Troupe has communicated with the Petersburg School District for use of the covered area near the community gym for outdoor student dance and/or adult exercise classes. The following mitigation plan applies to use of that area, as well as any other MDT-affiliated activity held at an outdoor venue. Outdoor exercise is available and encouraged. MDT remains committed to offering safe exercise opportunities for all participants and instructors.**

\*Teachers and instructors are used interchangeably in this document

Participants must adhere to the following mitigation measures to ensure outdoor classes are offered to the Petersburg community in a safe manner:

- **Social Distancing Requirements**

- During exercise/dance, a minimum distance of ten feet between non-household participants and instructors is required.
  - In class or group workout settings, instructors will provide clear markings to indicate where each person should stand to maintain the appropriate distance while exercising/dancing.
  - When not exercising/dancing, non-household social distancing of six feet should be maintained.
  - Clearly marked **6' spaces** when not exerting energy/ and a **minimum of 10' spaces** when dancing;
    - The square footage of the covered area is large (60' x 100'), and participants can be spaced **12'** apart, allowing for movement within their clearly marked area. Classes will be limited to **no more than 35 class participants and up**

**to an additional 5 instructors at a time.** The front row is to be designated for instructors only.

- Avoid socializing pre- or post-class under the covered area, maintain six-foot distance at all times while on the premises

- **Signage/ Safety Requirements**

- All Covid precautionary and informative signs must be posted on premises. Instructors will be responsible for posting temporary signs alerting the public of MDT's COVID-19 Mitigation Plan and stating clearly that any person with symptoms consistent with COVID-19 may not enter the premises.
- Participants and instructors must agree not to participate in outdoor classes if they:
  - Are exhibiting the current CDC recognized symptoms consistent with COVID-19;
  - Have knowingly been in contact with a suspected or positive case of COVID-19 within the past 14 days;
  - Are within 72 hours of exhibiting significant COVID-19 symptoms or a fever; after that time symptom-free, the participant and/or teacher can return to class;
  - When recovering from a case of COVID-19, are less than 14 days from onset or less than 72 hours since the end of significant symptoms or fever;
  - Have not been in the state for 14 days symptom free as long as Health Mandate 10.1 – International and Interstate Travel – Order for Self Quarantine is in effect;
  - No one will be allowed to enter premises if an individual or household member is waiting on results from pending symptomatic Covid test

- **Washing and Sanitizing Hands and Cleaning Equipment**

- MDT will provide hand sanitizer and participants and instructors must sanitize on their way in and out.
- Sanitizing materials and disposal methods should be provided for any shared equipment and must be used upon returning equipment.
- Equipment shall not be shared between patrons at the same time unless from the same household (must be fully disinfected prior to the next participant's use).
- Cleaning of all common touched areas and equipment, including sound system, is required post class.

- Preferred participants bring their own equipment to class: mats, bands, weights.
- **Liability Waivers, Participant Contacts, Payment and Attendance Logs**
  - MDT Covid Liability Waivers will be REQUIRED of all instructors and participants of outdoor classes and are to be signed before participation. Waiver documents will be provided to instructors via email or printed upon request.
  - Instructors/teachers are responsible for keeping a log of class participants, payments, contact number and signed liability waivers. Instructors/teachers must be able to provide waivers and contact information to MDT upon request.
  - Additional Health Screening Logs must be kept for student dance classes only.
  - Hand to hand transactions of cash, equipment and waivers are strongly discouraged. Setting up an area six feet away from participants and teachers for waiver signing and payment is suggested, with multiple pens available that should be cleaned after each use.
  - Encourage and promote the use of cashless and receiptless transactions.
  - Walk-ins are permitted if a participant log is kept that has sufficient information to be able to contact a participant should the need arise.
- **Other Mitigation Measures**
  - Facial coverings are highly suggested upon entering and exiting premises where six feet or more distance between individuals cannot be maintained.
  - Facial Coverings are mandatory for students and teachers during student dance classes health screening process.
  - MDT reserves the right to suspend outdoor classes at any time. This will most likely occur if the community risk level is increased, and/or instructors or participants do not adhere to MDT outdoor exercise mitigation plan as listed above. Lack of adherence to the mitigation plan by participants and instructors will result in termination of outdoor classes affiliated with MDT.
  - The minimum age for indoor student classes is 1st grade due to the facial covering requirement; MDT will adjust the minimum age if significant challenges arise
- **Mandatory Screening / This section applies to MDT student dance classes ONLY**
  - Screening procedure must be completed prior to each student dance class:

- Mandatory facial coverings during active screening
- Students waiting to be screened will line up in clearly marked 6 ft spacing
- Complete questionnaire
- No-touch temperature check
  - If temperature is > than 100.4 degrees Fahrenheit, the student must go home and monitor symptoms and contact a physician
  - Caregivers should remain near the premises and are asked to wait in their vehicle until their student has been cleared to enter the covered area after clearing through the screening process
  - Caregivers should not enter designated covered area where classes will be held. Under special circumstances, caregivers wearing facial coverings may enter the area if a student is in need of special assistance and caregiver entrance has been pre authorized by a teacher
- Teachers will record and keep a confidential log of both students and staff daily and provide upon request for contact tracing and liability purposes.
- **MDT Teachers/ Instructors, board members and volunteers are to respect confidentiality of any individuals** who may have contracted Covid, or are a part of contact tracing. Logs are confidential and to be provided to EOC upon request for contact tracing purposes only. Please refer to a person who may have become infected as “a fellow classmate” **Disclosure of personal information is strictly prohibited.**
- Teachers and volunteers, if used, will be screened prior to assisting students with screening procedures.
- Once cleared through the Screening process, all students, teachers, and volunteers may enter the covered area and go directly to their designated dance space at the direction of the teacher. This space should be clearly marked and a minimum of 10 ft spacing between individuals.

\*\*This document was created using suggested guidelines for Gyms and Fitness Centers-Phase II/ State of Alaska COVID-19 Mandate 016 - Attachment K Revised, and recommendations of the CDC.\*\*

For the latest information on COVID-19, visit  
[coronavirus.alaska.gov](https://coronavirus.alaska.gov)

