

# Dance Factory Dancer Checklist

## PRIOR TO RETURNING

Take and record dancers temperature

Self-screen your dancer for symptoms (fever of 100.4°F or greater, cough, shortness of breath, diarrhea, fatigue, headache, muscle aches, nausea, loss of taste or smell, sore throat, vomiting, etc.) within the past two weeks.

Determine if your dancer has traveled nationally or internationally within the past two weeks

Determine if your dancer has been in close contact with a person who has been diagnosed with, tested for, or quarantined because of COVID-19.

Go over dancer's roles as it pertains to returning to dance classes.

- Proper handwashing – before eating food, after touching surfaces that are frequently touched (doorknobs, railings, barres, etc.), after using the restroom and when coughing, sneezing, or blowing your nose.
- Follow staff instructions, stay in your assigned “group”
- Do not share items with other dancers
- Wear facial mask when required
- Use hand sanitizer only when washing is impossible.
- Avoid touching your face

Return the updated Medical Information form and any notes from your health care provider.

## ITEMS NEEDED BY EACH DANCER

Dance/Duffle Bag

Water bottle (water cooler has been removed to reduce risk of cross contamination)

Personal Yoga Mat

Clean Personal face mask

All necessary dance shoes

- Dancers will not be permitted to take class without proper shoes

All dancers will need to arrive to the studio already dressed for class as the dressing rooms will be closed and unavailable for use. **Note: Please do not come in just your leotard. Please wear something over your leotard that you can easily remove before class.**

Please label all dancers belongings