



# Golden State Ballet & Pilates

## NEW IN-PERSON CLASS SAFETY GUIDELINES

### Arrival & Departure Protocol

- Parents must drop off/pick-up only.
- Carpooling will not be allowed for unrelated participants from different households.
- Please arrive no earlier than 15 minutes before your class start time. If you do arrive early, please wait in your car.
- Students must arrive already dressed in proper attire and hair ready for class.
- 10 minutes prior to the start of class time, please have your child wait by the front door 6ft apart to have their temperature taken via a no-contact thermometer gun. All students and teachers must go through this step before entering the building. Anyone with a temperature of 100 degrees or higher will not be permitted to enter.
- Upon permitted entry into the lobby, students must go directly to the restroom to wash hands for at least 20 seconds before entry into the ballet studio.
- Please keep all belongings with you (one small bag only) that will remain in the studio at your barre spot. There will be no use of shared cubbies.
- Classes in Studios 1 & 2 will exit out the rear studio doors to keep a one way flow of traffic, so parents please pick up on the rear side of the building.
- Classes in Studio 3 & Pilates Studio will exit out the studio doors leading to the parking lot.
- Parents please arrive 5 minutes before the end of class time to ensure that you are not late picking up your child.

### Safety Precautions

- All students and parents must fill out the required liability waiver before attending any in-person classes.
- All students and teachers must wash hands for at least 20 seconds before entering the studio.
- All students and teachers must wear masks at all times, including during class.
- No gatherings or waiting will be allowed in the lobby.
- No parents, siblings or friends will be allowed in the lobby or studios.
- Touchless, automatic hand sanitizer/soap dispensers will be provided in each studio and restroom.
- Do not come to the studio if you are sick or have been in contact with others who are sick.
- Please maintain at least 6ft social distancing at all times and no physical contact. This means no welcome back hugs, but air hugs, waves, and peace signs are okay!

### In-Studio Safety

- There will be no hands-on instruction.
- Barre and center spots will be marked 6ft apart.
- Each studio will have its individual maximum capacity class size to allow for proper social distancing.
- All students must bring their own yoga mats and therabands for Pilates mat and stretch classes.
- All barres/surfaces will be sanitized and cleaned between classes.
- All Pilates loops have been replaced for soft vinyl, so they can be wiped down after each use.
- All Pilates reformers will be 6ft apart and sanitized after each use.

## COVID-19 Common Symptoms

- Fever or chills
- Cough
- Difficulty Breathing
- Fatigue
- Body Aches
- Runny nose
- Congestion
- Headache
- Sore throat
- New loss of taste or smell

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Signature of Student

Date

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Student Name (Printed)

I am the parent or legal guardian of the minor named above. I agree to abide by the following guidelines and will keep my child at home if they are experiencing any of the above symptoms.

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Signature of Parent/Guardian

Date

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Parent/Guardian Name (Printed)