

Jawaahir Dance Company and The Cassandra School

COVID-19 Preparedness Plan for Jawaahir Dance Company and The Cassandra School.

Jawaahir Dance Company and The Cassandra School has developed the following COVID-19 Preparedness Plan as required by the [Minnesota Department of Health's Stay Safe Guidance](#) for Gyms, Studios, and Fitness Centers, including the statutes, rules, and standards as set by the Minnesota Governor's most relevant and current executive orders. Administration, teachers, students, dancers, musicians, and the community who use our space are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our studio and communities, and that **requires full cooperation among everyone who uses the studio.**

The COVID-19 Preparedness Plan is administered and maintained by our General Manager, Jenny Piper and our Artistic Director, Cassandra Shore. However, administration, teachers, students, dancers, musicians, and the community are equally responsible for supporting, implementing, complying with, and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan.

Our COVID-19 Preparedness Plan addresses:

- Ensuring sick teachers, students, and dancers stay home and prompt identification and isolation of sick persons;
- Health screening;
- Social distancing;
- Mask wearing;
- Teacher, student, and dancer hygiene and source controls;
- Workplace building and ventilation protocol;
- Workplace cleaning and disinfection protocol;
- Communications and training practices and protocol.

Ensure sick teachers, students, and dancers stay home and prompt identification and isolation of sick persons.

Students, teachers, and dancers have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess the student's, teacher's, and dancer's health status before entering the workplace/studio and for workers to report when they are sick or experiencing symptoms.

Self-assessment before leaving home.

Students, teachers, and dancers are required to do a self-assessment. If individuals or anyone in their immediate family or household (living in the same home) report the following symptom(s), they will not be permitted into the studio. If symptoms develop while in the facility, the individual will leave immediately. Symptoms include:

- Cough
- Shortness of breath
- A fever (100.0 or higher) within the last 72 hours
- Sore throat
- Headache
- Chills
- Muscle or body aches
- New loss of smell or taste
- Diarrhea in the past 24 hours
- Vomiting in the past 24 hours
- Had direct household contact with a person experiencing an undiagnosed cough and fever

If you have tested positive for COVID-19 or are exposed to someone with COVID-19.

1. Email our General Manager, Jenny Piper at genmanager@jawaahir.org to say you have been exposed or that you have tested positive for COVID-19.
2. Please self-quarantine for 14 days from the point of exposure before returning to the studio.
3. Follow CDC guidance "[What to Do If You Are Sick.](#)"

Returning to the studio after POSITIVE COVID-19 TEST reported.

If you or someone in your household has had a lab-confirmed POSITIVE COVID-19 TEST, you may return to the studio when all of the following three things have happened:

1. You have received TWO NEGATIVE TESTS in a row, 24 hours apart (or per your doctor's recommendation in written format)
AND
2. You are fever free for at least 72 hours without the use of fever-reducing medication
AND
3. Other symptoms have improved

Returning to the studio after illness reported (NO TEST)

If you or someone in your household is having respiratory symptoms (cough/sore throat/difficulty breathing) and NO TEST was done to confirm diagnosis, you may return to the studio when all of the following three things have happened:

1. You are fever free for at least 72 hours without the use of fever-reducing medication
AND
2. Other symptoms have improved
AND
3. At least 10 days have passed since your symptoms first appeared

Health screening of teachers, students, and dancers upon entry to the studio.

At this time, there are no health screening conditions to be done upon entry. Please health screen yourself at home before coming to class.

1. If someone, including the teacher, becomes ill during class with any of the aforementioned symptoms, the teacher will:

- Isolate themselves or the student/dancer from the rest of the group.
- Ask everyone to please go home.
- Let them know that General Manager, Jenny Piper will contact them regarding further instructions about returning to the studio.

Mask Wearing.

In accordance with the [Minneapolis City-wide mask mandate](#), everyone entering our building/studio needs to wear a mask.

Social distancing protocol for classes/rehearsals.

There are no longer any social distance requirements as per [Stay Safe MN](#).

Teacher, student, and dancer hygiene and source controls.

Administration, teachers, students, dancers, musicians, and the community who use our space are all responsible for implementing basic infection prevention measures at all times. These measures are:

1. The use of hand sanitizer provided.
2. Washing hands after restroom use.
3. Wearing a face mask upon entering the building. One-time use face masks are provided if you forget yours at home.

Workplace building and ventilation protocol.

In order to mitigate virus particles in the air Jawaahir Dance Company and The Cassandra School will do the following to increase air flow and circulation in the studio:

1. The door to the outside will be propped open.
2. The air conditioner will be turned on during warmer seasons and heat during colder seasons.
3. Ceiling fans will be turned on.

Workplace cleaning and disinfection protocol.

In order to help prevent the spread of virus particles on surfaces Jawaahir Dance Company and The Cassandra School will do the following:

1. There will be a thirty (30) minute break in between classes/rehearsals in order for students/dancers to leave the premises and teachers to disinfect surfaces.
2. Clorox wipes will be used to clean door handles, stereo knobs and music equipment, student chairs, check-in table, and other high-touch areas.
3. The sweeping and mopping of floors, and cleaning of windows, will be done with EPA approved products on a regular basis.
4. If someone who has COVID-19 was in the studio, the studio will be closed for 12 hours and then thoroughly cleaned using EPA approved products.

Communications and training practices and protocol.

Administration, teachers, students, dancers, musicians, and the community who use our space will be notified of the Jawaahir Dance Company and The Cassandra School COVID-19 Preparedness Plan by email, website, and social media communication. This includes any and all changes in protocol when they arise. Everyone is encouraged to contact General Manager, Jenny Piper at

genmanager@jawaahir.org, or Artistic Director, Cassandra Shore at cassandra@jawaahir.org, or their teacher with any concerns associated with this plan or the directives and protocols indicated within it.

Important student protocols for participating in Hybrid in-studio (St) classes.

1. **ADDRESS: 3010 Minnehaha Ave, Minneapolis, MN**
2. **REQUIRED:**
 - You are required to register and pay IN ADVANCE for all Hybrid in-studio (St) classes.
 - NO WALK-INS! Unregistered and unpaid students are not allowed to participate in class nor enter the studio.
 - Only fifteen (15) preregistered and prepaid students, or less, are allowed in the studio with one (1) teacher per class.
3. **BRING FROM HOME:**
 - **Kathy requests her Levels 1 & 2 students bring vaccine cards to their first class.**
 - Come already dressed for class in comfortable exercise attire.
 - Have a mask ready to put on if your teacher requests. No mask? A single-use mask will be provided to you.
 - A bag or purse that contains your own hip wrap, veil, finger cymbals, and anything else needed for class.
 - Water bottle filled with water.
 - Yoga mat if requested by your teacher to use for warm-ups or cool-downs.
4. **PARKING:**
 - The former police station lot behind our building (to your right off of Snelling).
 - Limited spots in the north lot. (South lot is no longer accessible.)
 - On-street.
5. **ENTERING OUR STUDIO:**
 - You must enter our studio **through our outside purple metal door** on the north side of the building. (Glass Hook & Ladder doors are no longer accessible.)
 - Upon entry, give your name to the teacher.
 - Leave your bag and water in the seating area.