

# ORLANDO BALLET SCHOOL

## **Fitness Thru Dance Health and Safety Policies**

### **What should I wear for class?**

In general, we suggest you wear comfortable loose-fitting clothes that you can move in, such as sweats, yoga pants, leotard, t-shirts, tank tops, etc. You may also wear leotards, and tights, or other form-fitting dance attire.

Afro-Fusion: Sneakers or Bare Feet.

Ballet: Ballet Shoes

BeMoved®, Jazz, and Musical Theater Dance: Jazz Shoes or Dance Sneakers.

Contemporary: Bare Feet or Socks.

Heels: Comfortable, low heels or boots if you do not own a pair of dance heels. You are also welcome to dance barefoot or in clean sneakers.

Pilates and Barre Fitness: Bare Feet. Orlando Ballet School does not provide students mats.

Tap: Tap Shoes

### **Is there a waiting area for parents/guardians/children?**

Only students signed up for Fitness Thru Dance classes, workshops, or intensives will be permitted onsite.

### **What do I do if I'm running late?**

Students will not be permitted into classes 15 minutes after the beginning of class to help protect your health and the experience of other students in class.

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## **Proper Hygiene**

All employees, students, and guests should practice proper hygiene including, but not limited to:

Proper Handwashing:

- o Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- o If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Sanitizing stations will be located throughout the facility.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Immediately wash your hands after coughing or sneezing.

## **What COVID-19 safety protocols are in place at Harriett's Orlando Ballet Centre?**

Harriett's Orlando Ballet Centre is a mask-optional environment and masks are not mandatory for students, faculty, musicians, or staff of Orlando Ballet. We continue to monitor case levels, prioritizing the safety of our community. In the event of another COVID-19 surge or a new variant of concern arises, our guidance will adjust accordingly.