

2021-2022 KBSD Covid-19 Policy/Studio Reminders

- Effective August 19th, per the Winchester Board of Health, face coverings are required for all individuals age 2+. All students, staff and family members, vaccinated or not, are required to wear a mask at all times while in the studio. Masks must be secured behind the ears for safety while dancing (no neck gaiters, bandanas and/or masks with ties behind the head). Mask breaks will be given to students when needed.

The Karen Bernard School of Dance is committed to putting the health and safety of its students, teachers and families as its top priority. At the Karen Bernard School of Dance, we will be taking the following precautionary measures:

- Following closely with the guidelines and any changes/updates from the Governor of Massachusetts, the CDC and the Winchester Board of Health
- Closely monitoring COVID-19 activity in towns which our students reside in, the Winchester Public School plans, CDC and Massachusetts safety guidelines
- Class size restrictions to allow for social distancing
- Cleaning sessions between groups to ensure all contact surfaces are wiped down and disinfected.

We kindly ask that parents/guardians/siblings of students in Grade 2+ do not come into the studio at this time. Our waiting areas will be restricted. If you must enter to make a payment, drop something off, pick up your student early, etc, we ask that you wear a mask.

Please stay home from class if you or your child has had close contact with a person known to be infected with Covid-19 in the last 14 days.

Please stay home from class if you/your child is feeling sick or if you/your child shows any of the following COVID-19 symptoms:

- Fever (100.0 Fahrenheit or higher) and/or Chills
- Cough, Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Muscle aches or body aches
- Nausea, vomiting or diarrhea
- Headache when combined with other symptoms
- Fatigue when combined with other symptoms
- Nasal congestion or runny nose (not due to other known causes such as allergies) when combined with other symptoms

Please label water bottles. We encourage students to bring extra water bottles as we will not be able to refill water at this time. No gum, food, or drinks other than water will be allowed in the studio. No outdoor/street shoes are permitted in the studio.

We asked that all students arrive on time and ready for class in full dance attire, with hair secured. Good attendance is extremely important for dancers to continue to progress and learn. Class warm ups, technique, progressions and choreography are all essential to a dancer's growth. However, if you are sick, please do not come to class to watch. We would prefer you stay home and feel better quickly as well as prevent other students from becoming ill.

KBSD Dress Code & Dancewear Recommendations

Please be prepared for the first week of class. We recommend that you purchase footwear and clothing at your earliest convenience. Stores such as Target, Kohls, Walmart and Payless carry black shorts and yoga pants but please purchase appropriate dance shoes at a dancewear supply store as proper dance shoes perform better for dancers. Any questions, please email info@kbernardance.com

Damien's Dancewear 83 Parkhurst Rd, Unit #3 Chelmsford, MA (978) 459-7300	On Your Toes 194 Newbury Street, Suite 3 Route 1 South Peabody, MA (978) 536-7077	https://www.discountdance.com
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Happy Feet	TriStar	Hip Hop	Modern
<p>Black Leotard Long sleeve preferred</p> <p><u>Recommended Brands/Style:</u> -Capezio CC450 -Lulli LUB279C -Theatricals TH5560C</p> <p>Pink Tights Capezio #1815 Footed or #1816 Transitional</p> <p>Pink Ballet Shoes -Bloch "Performa" S0284 Theatrical Pink -Theatricals Leather Split-Sole T2800 -Capezio "Hanami" Canvas Split-sole 2037</p> <p>Black Tap Shoes -Mariia MX Easy Strap Tap Shoe MX11C -Theatricals Easy Strap Tap Shoe T9050 -Capezio Shuffle Tap Shoe C356C</p> <p>Ballet skirt optional, Dancers will bring all shoes into class, a small "dance bag"/tote bag is encouraged!</p>	<p>Black Leotard Long sleeve preferred</p> <p><u>Recommended Brands/Style:</u> -Capezio CC450 -Lulli LUB279C -Mirella 207</p> <p>Pink Tights Capezio #1815 Footed or #1816 Transitional</p> <p>Pink Ballet Shoes -Bloch "Performa" S0284 Theatrical Pink -Theatricals Leather Split-Sole T2800 -Capezio "Hanami" Canvas Split-sole 2037</p> <p>Black Tap Shoes -Mariia MX Easy Strap Tap Shoe MX11C -Theatricals Easy Strap Tap Shoe T9050 -Capezio Shuffle Tap Shoe C356C</p> <p>Tan Jazz Shoes -Bloch Neoflex S0495 Tan</p> <p>Black Dance Shorts -Capezio Basic High Waist Short TB131 -Theatricals Dance Short N5505</p> <p>Ballet skirt optional, Dancers will bring all shoes into class, a small "dance bag"/tote bag is encouraged!</p>	<p>Black Leotard Long sleeve preferred</p> <p><u>Recommended Brands/Style:</u> -Capezio CC450 -Lulli LUB279C -Mirella 207</p> <p>Tan Tights Capezio Light Suntan #1815 Footed or #1816 Transitional</p> <p>Black Hip Hop Sneaker -Capezio DS11 -Bloch S0528</p> <p>Black flared jazz pant OR Black leggings</p> <p>*** We kindly ask that Hip Hop students only wear their Hip Hop sneakers inside the studio, not outside at any time!</p>	<p>Black Leotard Long sleeve preferred</p> <p><u>Recommended Brands/Style:</u> -Capezio CC450 -Lulli LUB279C -Mirella 207</p> <p>Tan Tights Capezio Light Suntan #1815 Footed or #1816 Transitional</p> <p>Capezio Foot-Undeez Tan</p> <p>Optional: Black flared jazz pant</p> <p>Black dance short</p> <p>Black leggings</p>

Ballet Only	See TriStar above for Black Leotard, Pink Tights, Pink Ballet Shoes Ballet Skirt Optional
Tap Only	See TriStar above for Black Leotard & Black Tap Shoes Tan Tights Capezio #1815 Footed or #1816 Transitional - Light Suntan Black Dance Shorts optional
Jazz Only	See TriStar above for Black Leotard & Tan Jazz Shoes Tan Tights Capezio #1815 Footed or #1816 Transitional - Light Suntan Black Dance Shorts optional