

2022-2023 KBSD Covid-19 Policy/Studio Reminders

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 Covid-19 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.
- Masks will be optional for students

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.