

Summer Recommendations DANCE

July 2020

OVERVIEW

Every school district/program should consult with their local health department to determine which risk level to start this program safely. Continued consultation with the local health department should be used to determine when progression to the next risk level can be initiated.

RECOMMENDATIONS

Pre-Workout/Pre-Contest Screening:

- Athletes and coaches should check their temperature at home before attending practices or games. If a student athlete or a coaching staff member has a temperature of 100.4 degrees or above, they should not attend practices or games.
- Ensure that individual(s) with symptoms do not return to practice until:
 - They are free of fever (less than 100.4°F) AND respiratory symptoms (for example, cough, shortness of breath) for at least three days (72 hours) without the use of fever-reducing medicine; AND
 - Ten days have passed since symptoms first appeared.
- Any person with symptoms of respiratory illness should not be allowed to take part in workouts until they are free of fever and respiratory symptoms for at least three days without the use of fever-reducing medicine AND ten days have passed since symptoms first appeared. They should contact their primary care provider or other appropriate healthcare professional for guidance. Written medical clearance is required to return to activity.
- A record should be kept of all individuals present at team activities.
- Vulnerable individuals can resume public interactions, but should practice social distancing, minimizing exposure to social settings where distancing may not be practical, unless precautionary measures are observed.

Sport Specific Information

Social distancing:

- **Practice** – Coaches are responsible for ensuring social distancing is maintained between dancers as much as possible. This means additional spacing between dancers while practicing or changing drills. No congregating of dancers while waiting to enter a drill or waiting in line to use mats, etc. Workouts should be conducted in ‘pods’ of athletes, with the same 5-10 dancers always working out together. When working out with partners, the partners should be the same until the risk level becomes lowest. This ensures more limited exposure if someone develops an infection.
- **Locker Rooms** – Should not be used during higher Risk Levels. Students should report to workouts in proper gear and immediately return home to shower, clean clothes and equipment at the end of every workout.
- **Sidelines** – Dancer’s items should be lined up against the wall or in the hallway at least six feet apart. (see Gym Bag below) Athletes should maintain social distancing unless they are actively participating in the practice.
- **Competition Floor** – Only essential personnel are permitted in the competitive area. These are defined as dancers, coaches, athletic trainers, and judges. All others, i.e., managers, video personnel, media personnel, etc. are considered non-essential personnel and are to be outside of the competition area.
- **Spectators** – Spectators should practice social distancing between different household units and accept personal responsibility for public health guidelines.

- **Media** – All local social distancing and hygiene guidelines for spectators should be followed by media members planning to attend events. Media members should contact host school administrators prior to arriving.
- **Coach conferences/Team Talks** – Encourage limiting the number of individuals in a conference to those who must be in close proximity for these discussions. It is encouraged that coaches wear a mask. Team huddles should be conducted using social distancing guidelines.
- **Team handshakes** – Teams shall NOT exchange handshakes, hugs, etc. before, during, or following the practice.

Practice and Meet Protocols:

- **Masks** – Dancers are not required to wear cloth face coverings but may do so if they desire. They should consider wearing cloth facial covering while in the facility, but not while participating on the equipment/mats as the mask could come off, move, or become a distraction and increase the risk of injury. Coaches and others are encouraged to wear masks especially when not able to maintain social distancing. If an individual would like to wear a mask on the floor or in a meeting, they may do so. There is no prohibition on the color of the mask. Spectators, workers, and others are encouraged to wear masks and they are expected to follow social distancing guidelines. . No masks may be worn in routines that involve stunting. Any mask worn during a routine that does not involve stunting but involves tumbling must be taped and secure. (latest from NFHS)
- **Dancer habits** – If an athlete puts their hands/fingers in their mouth or spits on their hands, practice is stopped, and the athlete must sanitize their hands and/or any equipment touched. Coaches should work to discourage these habits.
- **Hand sanitizer and/or sanitizing wipes** – Dancers, coaches, and officials are encouraged to provide their own hand sanitizer (at least 60% alcohol) and/or sanitizing wipes. As recommended by the WIAA SMAC, using hand sanitizer (at least 60% alcohol) before and after each session, drill, or rotation. Additionally, emphasize to all to avoid touching their face. (See Gym Bag below).
- **Disinfectant wipes** – Dancers are encouraged to provide their own disinfectant wipes to disinfect their feet – can be alcohol wipes. These will be used when entering, after each event and before exiting.
- **Coach Whistles** – Use hand-held whistles or air horns as opposed to regular whistles when possible.

Equipment (see Gym Bag below):

- **Wristbands/Braces** – Dancers should use their own wristbands/braces.
- **Towels** – Dancers should use their own towel.
- **Athletic tape** – Dancers should have their own roll of athletic tape.
- **Equipment needs to be sanitized** – Contact equipment manufacturers for specifics on proper cleaning protocols for their equipment. Continued use of disinfectant chemicals may reduce the life of the product. The application of disinfectant chemicals may have unintended results and place the dancer at risk of injury. Work with your administration to establish appropriate use of chemicals and cleaning protocols.
- **What kinds or brands of sanitizer should we be using** – The WIAA SMAC recommends referencing and utilizing EPA registered disinfectants. All equipment may be wiped with listed disinfectants and a damp cloth.

Hydration:

- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) should NOT be utilized.

COVID-19 Coach:

- Designate a coach to be responsible for responding to COVID-19 concerns.
- All coaches, staff, officials, and families should know who this person is and how to contact them.
- Train coaches, officials, and staff on all safety protocols. Conduct training virtually, or ensure that social distancing is maintained during training.

Considerations for Dance Practice:

- **High Risk Level** – Drills that can be done during the High risk level to reduce exposure with social distancing or individually with no sharing of equipment or the ability to clean the equipment between use by competitors.
 - Dancers may do tumbling drills without partners. It is encouraged that dancers only drill their individually acquired tumbling skills, that they may safely perform on their own, without a spotter.
 - Solo cardio conditioning (i.e. single person calisthenics)
 - Weight lifting
 - Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.
- **Moderate Risk Level** – Drills that can be done during the Moderate risk level to reduce exposure, which involve close, sustained contact, but with protective equipment in place that may reduce the likelihood of respiratory particle transmission between participants OR intermittent close contact OR group drills OR sports that use equipment that can be cleaned between participants.
 - Dancers may drill tumbling skills with a partner, and may use a spotter for safety
 - Remain with one practice partner/one spotter/no switching partners
 - Solo cardio conditioning (i.e. single person calisthenics)
 - Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.
- **Low Risk Level** – Drills that can be done during the Low risk level to reduce exposure, which involve close, sustained contact between participants, lack of significant protective barriers, and high probability that respiratory particles will be transmitted between participants.
 - Dancers may practice and drill with teammates
 - Dancers may use multiple partners and spotters during practice
 - Team cardio conditioning
 - Modify drills or activities to limit/reduce potential violations of social distancing requirements including but not limited to: high fives, huddles, and team meetings.

Gym Bag – Supplies needed for your personal gym bag:

1. A reusable cloth facial covering – The mask must be worn when entering and exiting the venue. Once you have entered the workout area, you can put your mask into a re-sealable plastic bag inside your gym bag. However, you must abide by the at least 6' distancing rule at all times while in the workout area.
2. Wristbands and any braces that are normally used during practices will stay in your gym bag.
3. Personal bottle of hand sanitizer – less chance of possible cross contamination and less time standing around waiting to use a shared gym bottle – be sure to have this inside a Ziploc bag, in case it leaks. This will be used before each event and when exiting the building.
4. Shoes must be worn at all times.
5. 1 ½" white athletic tape, pre-wrap and any other tape you normally use during practice.
6. Fingernail clippers – flat edge instead of round because they are for cutting tips.
7. Personal water bottles for drinking– the water fountains will not be in use because of CDC guidelines. Bring two bottles if you think you will drink that much water. Label all bottles and keep with your belongings.
8. Your shoes will also be stored in your gym bag, in a separate compartment or bag that is inside your gym bag. Prevent possible cross contamination with other items in the gym bag.
9. Towels that are normally used during practices will stay in your gym bag.

Everything inside the gym bag must be disinfected after every practice – before you return to the gym again. Be sure the disinfectant doesn't contain bleach, it could ruin your bag. Be sure to spray the inside and the outside of the bag as well. This is for everyone's protection, we don't want to take a chance of carrying any potential virus back and forth.