



**PROTOCOL & RULES FOR  
RETURNING TO THE STUDIO**

*Published June 2020 / Subject to change*

# INTRODUCTION

To protect our employees, artists and community, the following plan and protocol was developed for DAC's return to the studios in the Wilder (Les Grands Ballet) and is based on recommendations from the CNESST, INSPQ, our studio partners as well input from Dr. Aymen Benkreira. We have also referenced Dr. Shelaina Andersons return to the studio guideline.

Please note that each studio space is different and that variations in protocols will exist between our different studio partners.

The information in this document is not a substitute for professional medical advice.

# PROGRESSIVE RETURN

## - PHASE 1 -

**This guideline focuses on the first phase of a progressive return to the studio which will take place in August or September (following our summer break).**

- Classes will continue to be offered online (live-streamed from the studio and/or from home) throughout phase 1 of a progressive return to the studio.
- Classes will continue to be offered on a voluntary donation basis.
- We will create 'groups' or 'bubbles' of 4-8 dancers in order to control and limit and control possible exposure to Covid-19. (Please fill out registration form and await confirmation)
- No drop in's will be offered throughout this phase.

# RULES

- + Physical distancing of 2 metres must be maintained at all times.
- + Gatherings are forbidden.
- + Wearing a mask is mandatory at all times in the Wilder (except in the class).
- + Anyone with any symptoms, who had any contact with a person infected with Covid-19 or a person in quarantine, or had any contact with a person who has recently returned from travelling should refrain from coming to the studio as they will be refused entry.
- + Only the studio you are assigned is accessible to you. All other spaces at GBC are not accessible : dressing rooms, showers, lounge, water fountains etc.

# RULES

- + **Everyone must arrive already dressed for class.** Each artist is permitted one bag for all personal effects. The artist will take off their outdoor clothing, put on their shoes, dress or undress in their personal designated space in the studio.
- + Everyone must follow the markings on the floor and the signs and directions of the DAC reception manager.
- + Only the elevator assigned by the DAC reception person may be used to get to the 6th floor. Using the stairs is forbidden except in the case of an emergency.
- + Kindly avoid unnecessarily touching anything in your surrounding areas.
- + Doors to authorized areas will be kept open to avoid needing to touch them.
- + Please do not leave anything in the studio. All items and clothing left behind will be immediately disposed of (garbage).

# PROTOCOL

1. Upon arrival, artists must report to the door on Balmoral Street. Remain outside, in line, minimum distance of 2 meters between people, respecting the markings.
2. The DAC reception manager will authorize one person at a time (or two for a couple living at the same address) to enter - 45 minutes before the scheduled class time the doors will be opened. Doors will be closed 10 minutes before the scheduled class start time, late comers will not be admitted.
3. All artists and employees will have to answer a questionnaire on their state of health.
4. Everyone must wash their hands at the hand sanitizing station (under the supervision of the person in charge.)
5. Artists must go directly to the studio assigned to them by taking the elevator designated by the DAC manager.

# PROTOCOL

6. Artists must wait for the elevator to arrive and follow the floor markings. 1 person at a time or 2 depending on the cohabitation.
7. After leaving the elevator, everyone must wash their hands again with the disinfectant gel which will be provided at the door of the spaces / studio.
8. Once in the studio, artists may take a place in one of the available squares which will be marked on the ground for the bar. A minimum distance of 2 meters or more between each of the people present in the same studio must be respected at all times.
9. The movements of people during classes in the studios must be in the gyratory direction from left to right - respecting the 2m. when waiting between exercises.

*Artists are kindly asked to wipe themselves more regularly to prevent sweat from being sprayed during their movements. Likewise, hair should be tied to avoid splashing of droplets.*

# PROTOCOL

**Seul la salle de bain du 6eme étage sera accessible. Pour l'hygiène seulement avant et pendant les classes.**

À la fin de la classe, une personne à la fois sortira, se lave les mains au distributeur de gel désinfectant, reprend l'ascenseur jusqu'au rez-de-chaussée ou au 6eme pour les toilettes.

**Il est primordial de ne pas toucher à quoi que ce soit pendant vos trajets dans le building et de porter le masque dans tous les déplacements.**

### **For DAC employees, teachers, staff**

Danse à la Carte will provide each employee (teachers, reception staff, etc.) 2 masks, 1 for transportation to the studio and 1 for the studio.

DAC will also provide a visor or protective eyewear for when a distance of 2m cannot be maintained.

All employees are responsible for the maintenance of their equipment. They will have to replace it at their expense if they lose it or forget it at home.