



**COVID-19 PROTOCOL  
FOR THE STUDIO**

*Updated April 19, 2021 / 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 Ballets and École de danse contemporaine de Montréal) and is based on recommendations from the CNESST, INSPQ, our studio partners as well input from Dr. Aymen Benkreira.

Please note that each studio space is different and that variations in protocols will exist between our different studio partners. This protocol is intended to cover all of Danse à la Carte's activities (*the Professional Development Program classes, our Creation and Research Program residencies and TransFormation workshops and laboratories*).

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

Please take a quiet moment to attentively read this updated protocol,

Sincerely,

***The DAC team***

# COVID-19 STUDIO PROTOCOL

**This guideline outlines the sanitary protocol for all of DAC's in studio activities**

- In order to ensure compliance with the current government regulations, our classes, residencies and workshops (including TransFormation) are open to **professional DAC members only.**
- Registrations for classes open online 5 days prior the start of the class at 9:00 a.m.
- All employees and artists must fill out the online Covid-19 risk assessment form upon arrival at the Wilder building and show it to the DAC receptionist before entry to the studio.
- Artists must arrive at least 10 minutes before the scheduled class start time, with a procedural mask and already dressed for class. **Late comers will not be admitted.**
- PDP Classes will continue to be offered on a voluntary donation basis and will be available online (live-streamed from the studio and/or from home) throughout this phase.
- No changes, switches or drop in's are permitted for our residencies, classes or workshops.

# COVID-19 STUDIO PROTOCOL

## Step by Step : 5-6-7-8

1. WASH your hands at the hand sanitizing station upon arrival at the Wilder building.
2. COMPLETE the online Covid-19 risk assessment questionnaire.
3. PUT ON a procedural mask (if you are not already wearing one).
4. TAKE the elevator and go directly to the reception for your class, residency or workshop.
5. KEEP a minimum distance of 2 meters or more between yourself and each of the people present in the same studio at all times.
6. DANCE, LIVE, SWEAT, LOVE, BREATHE, ENJOY & DREAM!!!

# GENERALITIES

**Anyone with any symptoms, who had any contact with a person infected with Covid-19 must refrain from coming to the studio as they will be refused entry.**

- Everyone must arrive dressed for class.
- Wearing a **procedural mask** is mandatory at all times.
- Physical distancing of 2 metres must be maintained at all times.
- Only the studio you are assigned is accessible to you.
- No other spaces are accessible : dressing rooms, showers, lounge, water fountains etc.
- Please do not leave anything in the studio. All items and clothing left behind will be immediately disposed of (garbage).
- Using the stairs is forbidden except in the case of an emergency.

# WHAT TO DO IF...

## **I HAVE SYMPTOMS :**

- I do not attend any classes, residencies, workshops or laboratories at Danse à la Carte (DAC)

## **I AM AWAITING THE RESULTS OF A COVID TEST :**

- I do not come to any DAC activity while awaiting results

## **MY TEST RESULT IS NEGATIVE :**

- I inform DAC
- I am permitted to attend DAC activities

## **MY TEST RESULT IS POSITIVE :**

- I do not come to any DAC activities
- I inform DAC

## **I LIVE WITH A PERSON WHO HAS TESTED POSITIVE FOR COVID-19 :**

- I do not come to any DAC activities
- I inform DAC and remain in isolation for 14 days and monitor my symptoms

## **I BEGIN TO FEEL SYMPTOMS WHILE I AM IN THE STUDIO AT DAC :**

- I immediately inform the teacher, choreographer or DAC receptionist
- I immediately leave DAC in my own vehicle or in a taxi designated for transporting Covid-19 cases.
- If I am unable to leave immediately, I communicate with the reception and I follow directions to isolate myself until someone can come to get me.
- Once home I call the COVID line 514 644-4545 for directions and information
- I keep DAC updated as to the status of my health