

ARC DANCE

COVID-19 Policies for Students and Families

ARC is committed to your health and well-being through adherence to science-based practices and procedures for minimizing the risk of exposure to the Coronavirus while you are visiting ARC. In accordance with guidance from Washington State, please follow these guidelines and procedures during your time at ARC:

- Please take your temperature before you leave your home

- Please contact us immediately and do not come to ARC if you have COVID-19, are experiencing any COVID-19 symptoms or have had close contact with a person confirmed to have COVID-19. COVID-19 symptoms include the following: cough, shortness of breath, sore throat, fever, loss of taste or smell, nausea, vomiting or diarrhea.

- Bring and wear your own cloth face masks.

- Please wear your mask as you enter ARC and keep it on inside the building. King County requires masks for all indoor activities and any activities in which social distancing is not guaranteed at all times.

- Symptom monitoring, temperature check, and hand sanitation is required before entering ARC.

- Have your own individual hand sanitizer and wipes

- Come dressed prepared for your class

- Bring a water bottle for your own use

- Please observe 6-foot social distancing requirements at all times

- As required by the state, all classes will begin with a quick COVID-19 safety briefing and check

- Do not dance outside of your designated dance area

Guidelines may change weekly. Thank you for your patience as we try to stay up-to-date with guidelines from federal, state and local authorities.

COVID-19 Commitment & Waiver

I am voluntarily participating in movement training and/or other activities at ARC Dance. I will notify the office via phone or email and not visit ARC if any of the following applies to me:

- I have been in close contact with a confirmed case of COVID-19
- I am experiencing a cough, shortness of breath, or sore throat
- I have had a fever in the last 48 hours
- I have had a loss of taste or smell
- I have had vomiting or diarrhea in the last 24 hours
- *I have been out of the state and will need to quarantine myself for 14 days*

I have read ARC Dance's COVID-19 Policies for Students and Families (COVID-19 Policies) and understand they are for my protection and the protection of instructors, staff and others at ARC. I will adhere to the COVID-19 Policies to the best of my ability. By signing below, I affirm that I have read and fully understand and consent and commit to ARC Dance's COVID-19 Policies. I understand that there is always risk of contracting influenza such as COVID-19 and assume the risk of participating in any activities at ARC Dance, and on behalf of myself, my heirs, executors, administrators, assigns or personal representatives; release ARC Dance and School, its owners, agents, assigns, managers and trainers from any liability now or in the future, if I contract any influenza such as COVID-19, however caused, occurring during or after participation in activities at ARC.

Name: (Print)

Signature: _____ **Date** _____

(If student is under the age of 18)

Parent/Guardian Signature

_____ **Date** _____