



Marie Chong, Director

COVID-19 Policies

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 Corona virus while you are visiting our studio. In accordance with guidance from Washington State and the CDC, please follow these guidelines and procedures during your time at our studios:

- Please take your temperature before you leave your home
- Please contact us immediately and do not come to the studio if you have COVID-19, are experiencing any COVID-19 symptoms or have had close contact with a confirmed case of 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 face masks. (Nose and mouth must be covered at all times)
- Please wear your mask as you enter the building and keep it on inside the building. ARC currently requires masks for all indoor activities.
- Symptom monitoring, temperature check, and hand sanitation is required before entering into the studio
- Have your own individual hand sanitizer and wipes
- Come dressed prepared for your class/rehearsal (there are no dressing rooms)
- Bring a water bottle for your own use
- Please observe 6-feet physical distancing when possible
- As required by the state, all classes will begin with a quick COVID-19 safety briefing and check

Guidelines may change through various phases of re-opening. Thank you for your patience as we stay up-to-date with guidelines from federal, state and local authorities while trying to keep our community safe.

COVID-19 Commitment & Waiver

I am voluntarily participating in movement training and/or other activities at ARC Dance. I will notify the office and not visit the ARC Dance Space 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 read ARC Dance's COVID-19 Policies and understand they are for my protection and the protection of instructors, staff and other visitors to the ARC Dance Space. 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(contagious respiratory illnesses) 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.

I am fully vaccinated against COVID-19 and have received a booster

Name (Print): _____

Signature: _____ **Date** _____

Email _____ **Contact phone#** _____

ARC DANCE
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