Studio COVID/Other Illness Policy Update (as of 1.13.22)

1. **Stay Home if Sick in Any Way**

2. **Negative COVID-19 Test Required to Return to Studio After Feeling Sick (or after testing positive/having COVID-19)**

   - COVID-19 Tests are not required if you specifically have another diagnosis from a physician.

   - **What we cannot do is operate in a gray area of, "I don't think it's COVID." We just cannot take that risk. We need to know for certain. A negative COVID-19 test is therefore required to return to the studio, even if you do not think/feel you or your dancer has COVID. Rapid tests are acceptable. The only other option is a 14-day quarantine away from the studio.**

   - Nausea/upset stomach and GI symptoms are listed as possible COVID-19 symptoms on the CDC website and some variants do not always present with a fever. When it is also flu season, it is difficult to tell if a dancer has COVID, the flu or a different illness based on them only having an upset stomach. A test is the only way to confirm if an individual is positive/negative for COVID-19. We also prefer that students sick with the flu not attend classes until they are well.

   - It does not matter if symptoms are mild or severe. We have a small space, vulnerable community members associated with our studio's families and are engaging in a high-risk activity in an enclosed area.

   - **We receive regular notifications of students testing positive for COVID-19, so, unfortunately, COVID has not gone away. Our goal is to make sure no one is in the studio while or directly after experiencing symptoms of illness. This is the best way to prevent a spread of (any) illness and to ensure classes continue to run in the studio.**

3. **14-Day Quarantine if No Negative Test**

   - The quickest way to return to classes after feeling sick is by receiving a negative COVID test.
   - You will need to quarantine away from the studio for 14 days if you are unable to obtain a COVID test.

4. **48 hr Wait Period**

   - This applies only if you have symptoms beyond your 14-day quarantine.
   - **This 48 hr wait period is not an option in place of the negative test or 14-day quarantine.**

5. **Acceptable Test if NOT COVID-Positive**

   - Proof of/photo of 1 rapid negative test result will suffice.

6. **Acceptable Test if COVID-Positive**

   - Must provide **proof of/photo of 1 full PCR negative** test result **OR proof of/photo of 2 negative rapid test results,** (within 24-48 hours of one another, per rapid test accuracy guidelines), before returning to the studio.