Springfield Ballet Company
Class and Rehearsal Guidelines

Updated 06/28/20

1. Sessions will be scheduled in advance - no other dancers or family members should enter the building.

2. Before participating, instructors will ask whether participants are currently exhibiting COVID-19 symptoms. If a participant does have symptoms, they will not be allowed to attend until at least 10 days have passed since their symptoms first appeared, and after afebrile and feeling well (without fever-reducing medication) for at least 72 hours OR has 2 negative COVID-19 tests in a row, with testing done at least 24 hours apart.

3. Instructors will maintain attendance log of participants.

4. Participants will wash hands with soap and water or use hand sanitizer before participating.

5. Spectators are not permitted.

6. Participants should bring their own source of water.

7. No physical contact permitted between participants and instructor or between participants.

8. Participants should wear face coverings over their nose and mouth when within 6-ft of others and when entering and exiting the building.

9. Participants should sanitize hands regularly.

10. Participants should use their own equipment (e.g., shoes, rollers, therabands, etc).

11. Participants should place personal belongings at least 6-ft. away from others’ belongings. Company and Trainee dancers have assigned cubbies in the studio for their bags.

12. Dance studio will be cleaned and sanitized daily and between rehearsal groups.

13. Elevator buttons and all door handles leading to and from the dance studio will be disinfected daily and between groups. Please use the stairs when possible.