

## **Resumption of Classes with Tone Bellydance**

On June 12, 2020 Alberta's Chief Medical Officer of Health (CMOH) lifted some restrictions place on live music, dance, and theatre operations. With this news, we are continuing to prepare for the May 22, 2021 performance of 'A Bellydance Odyssey'. Below is information for you to be aware of as we resume bellydance classes:

**Self-screening prior class:** We will require that self-screen forms are filled out before you participate. If you are not feeling well, please do not attend until you have recovered from your symptoms and are completely healthy again.

**Cohorts & Physical Distancing:** Because Tone participants register for an entire session (and drop ins are not permitted), the individuals participating in their class form a cohort.

Bellydance choreography often involves frequent close contact between dancers as they move together as a group. We fall into the 'music, dance, and theatre' category within the Alberta Health guidance documents, and - like sport groups - it is recognized these cohorts are not able to maintain physical distancing at all times.

Sharing of props is to be avoided, and items shared should be thoroughly cleaned between each individual use.

**Limitations on Capacities:** The Alberta Health guidance document for music, dance, and theatre dictates that the total number of people in the performing cohort group should not exceed 50. Tone's class sizes are well below this limitation.

**Facial Coverings / Masks:** Alberta Health recommends that masks be worn when 2m distancing cannot be maintained.

The Alberta Health guidance document for physical activity and recreation dictates that 'participants can wear masks when they are not engaging in intense physical activity'. Because each bellydance class is considered its own cohort, Tone is not mandating that masks be worn. However, if you are more comfortable wearing a mask - and do not find bellydancing to be 'intense physical activity' (this definition is dependent on each individual's personal level of fitness) - please know that you are supported in your choice.

**Arrival Time/Change Space:** Please arrive to class on time. Do not come more than 5-10 minutes early to avoid crowding in various areas of the building. Change rooms are not accessible, so please come ready for class. Please do not enter the studio until the entire group before you has exited.

**Cleaning:** The FLC staff will clean the studio space, including high touch points.

**Contact tracing:** At any time, you may be asked to provide information to assist in Alberta Health Services contact tracing purposes.

**FLC COVID Response:** Please abide by all signage and protocols in place at the FLC. Please treat staff with respect, and have patience with people you interact with. Let kindness be the only thing we spread!

## COVID-19 Symptoms, Screening Questions

Tone's Screening Protocols document includes questions to allow self-screening of participants prior to entering the dance studio..

### COVID-19 Symptoms:

The list of COVID-19 symptoms has been expanded by Alberta Health Services and now includes:

- Fever\*
- Cough (new cough or worsening chronic cough)\*
- Shortness of breath or difficulty breathing (new or worsening)\*
- Runny nose\*
- Sore throat\*
- Stuffy nose
- Painful swallowing
- Headache
- Chills
- Muscle or joint aches
- Feeling unwell in general, or new fatigue or severe exhaustion
- Gastrointestinal symptoms (nausea, vomiting, diarrhea or unexplained loss of appetite)
- Loss of sense of smell or taste
- Conjunctivitis, commonly known as pink eye

\* Public Health Orders in effect at the time of publication stipulate individuals having a fever, cough, shortness of breath, runny nose or sore throat are legally required to isolate for 10 days from the onset of those symptoms, or until the symptoms resolve, whichever is longer. Persons with any of the other listed symptoms should stay home and minimize their contact with others until their symptoms resolve.

Potentially ill individuals will be directed to contact Alberta Health Services for proper medical advice or testing.

## COVID-19 Screening Questions:

As the COVID-19 pandemic continues to evolve, this screening tool will be updated as required.

### Screening Questions

1.	Does the attendee have any new onset (or worsening) of any of the following	CIRCLE ONE	
		YES	NO
	• Fever	YES	NO
	• Cough	YES	NO
	• Shortness of Breath / Difficulty Breathing	YES	NO
	• Sore throat	YES	NO
	• Chills	YES	NO
	• Painful swallowing	YES	NO
	• Runny Nose / Nasal Congestion	YES	NO
	• Feeling unwell / Fatigued	YES	NO
	• Nausea / Vomiting / Diarrhea	YES	NO
	• Unexplained loss of appetite	YES	NO
	• Loss of sense of taste or smell	YES	NO
	• Muscle/ Joint aches	YES	NO
	• Headache	YES	NO
	• Conjunctivitis (Pink Eye)	YES	NO
2.	Has the attendee travelled outside of Canada in the last 14 days?	YES	NO
3.	Has the attendee had close contact* with a confirmed case of COVID-19 in the last 14 days?	YES	NO
4.	Has the attendee had close contact with a symptomatic** close contact of a confirmed case of COVID-19 in the last 14 days?	YES	NO

\* Face-to-face contact within 2 metres. A health care worker in a occupational setting wearing the recommended personal protective equipment is not considered to be a close contact.

\*\* 'Ill/symptomatic' means someone with COVID-19 symptoms on the list above