

VRB NUTCRACKER PARENTS and DANCERS

In order to keep our dancers and volunteers safe and healthy this Nutcracker season, here are a few health guidelines and rules that VRB is passing along. By signing your contract to be a part of VRB Nutcracker 2021, you are agreeing to the following rules regarding medications:

MEDICATIONS:

DANCERS UNDER 12 YEARS OLD:

No medications may be kept on the dancer or in their bag during class time or rehearsals. If an inhaler or Epi pen is needed please bring it to the teacher or front desk to have it labeled and stored during those times. If your child requires one of those PLEASE MAKE SURE IT IS PRESENT at all classes and rehearsals. VRB and the venues used for performances DO NOT HAVE STOCK EPI PENS.

NO OVER THE COUNTER MEDICATIONS MAY BE LEFT WITH THE YOUNGER DANCERS. NO OVER THE COUNTER MEDICATION MAY BE ADMINISTERED BY VRB STAFF OR OTHER PARENTS DURING CLASS OR REHEARSAL TIME.

DANCERS OVER 12 YEARS OLD:

ANY INHALER and EPI PEN needed may be left in the dancers bag IF the medical form is signed and on file with VRB. The dancer has the following responsibility to SELF CARRY these medications:

- Make the teacher aware of their medications and diagnosis at the beginning of the semester
- NEVER SHARE MEDICATION with anyone else.
- REHEARSAL/SHOWS at FERGUSON: those medications must be given to an instructor or volunteer backstage. They need to be CLEARLY labeled in a ZipLock bag. It will be kept side stage in case of emergency.

ANY OVER THE COUNTER (tylenol, advil, aleve, Claritin etc etc) must be indicated on the medical form and signed by the parent. WE STRONGLY DISCOURAGE DANCERS from bringing this with them while at the studio or Ferguson Center. NO MEDICATION CAN OR WILL BE DISPENSED BY VRB STAFF OR VOLUNTEERS OR OTHER PARENTS. Please only bring them if absolutely necessary and make VRB staff aware.

NEVER EVER SHARE YOUR MEDICATION WITH ANYONE ELSE. This is extremely dangerous and in violation of VRB rules and policies.

ALLERGIES:

Please make VRB aware (on the form and verbally with the teacher) if your dancer has any allergies. Life threatening allergies are becoming more and more common- particularly to foods. With this in mind:

-NO SHARING FOOD OR TREATS while at the studio or rehearsals at Ferguson.

-OLDER DANCERS!! Please be mindful that some of our younger dancers will be without a parent supervising them during some rehearsal times...DO NOT OFFER OR GIVE THEM ANY CANDY OR FOOD ITEMS...it can be very serious.

GENERAL HEALTH ISSUES:

FEVER and VOMITING:

If your dancer has had a fever (greater than 100.5) or vomited in the last 24 hours they must not attend class or rehearsal. They must be fever free **WITHOUT MEDICATION** for 24 hours before returning to the studio. If rehearsal is going to be missed for illness please let VRB know asap in case adjustments to the rehearsal schedule need to be made.

HAND WASHING:

PLEASE ENCOURAGE ALL DANCERS to wash their hands frequently. Also use hand sanitizer before and after every class. Many germs are shared especially during the winter months. Although the studio and barres are cleaned frequently, any extra efforts on decreasing the spread of illness is important.

COUGHS, COLDS and VIRUSES:

Please use common sense with head colds and viruses. Let VRB know if your child is not feeling well or are particularly ill. If a dancer misses school for illness they should not attend classes at VRB that day.

INJURIES:

Orthopedic injuries are unfortunate and not uncommon among dancers. Please let VRB know if your dancer is being treated or complaining of any injuries. Please also ask your treating medical provider for a note clearing the dancer to return to lessons/rehearsals when they have healed from the injury and or a note indicating any restrictions they prescribe going forward.

To protect our dancers, parents and patrons we will be following all CDC guidelines for masks when they are not dancing.

- If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.
- People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated. They should continue to take all [precautions recommended for unvaccinated people, including wearing a well-fitted mask](#), until advised otherwise by their healthcare provider.
- If you are fully vaccinated, to maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area [of substantial or high transmission](#).

THANK YOU ALL FOR HELPING VRB and DANCERS HAVE A WONDERFUL AND HEALTHY NUTCRACKER SEASON!

We are also including the COVID daily screening guidelines used by local schools, please use these guidelines in regards to having your child attend rehearsals and performances. These also apply to all parents helping at the performances.

2021-22 Daily Health Screenings for Families and Staff

Symptoms

If you or your child are experiencing any of these symptoms, please STAY HOME until symptom-free for at least 24 hours without medication.

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| <input type="checkbox"/> Temperature 100.0 F or higher | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Cough/shortness of breath/difficulty breathing* | <input type="checkbox"/> Congestion |
| <input type="checkbox"/> Chills | <input type="checkbox"/> Diarrhea, nausea or vomiting |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> New loss of taste or smell |
| <input type="checkbox"/> Muscle/Body aches | <input type="checkbox"/> Unusual rash |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Red or pink eyes not explained by allergies or injury |

* (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)

Potential COVID-19 Exposure/Close Contact

Unvaccinated persons who have participated in any of the following activities, should take extra precautions (face coverings, frequent handwashing, etc.) and/or follow recommended isolation/quarantine measures in accordance with state and national guidance.

- Traveled to a level 4 risk area, as defined by the CDC
- Had close contact with an individual who has traveled to a high-risk state or country, as defined by the CDC
- Had close contact with a person with confirmed COVID-19

Exposure or close contact includes living in the same household, being within 6 feet of the person for 15 minutes or longer, or being in direct contact (e.g., sharing utensils, coughing, sneezing, kissing, etc.).

High-Risk Travel Areas - <https://www.vdh.virginia.gov/coronavirus/frequently-asked-questions/u-s-travelers/>

Pending or Positive COVID-19 Test Results

Unvaccinated individuals: If you, your child, or a member of your immediate household has been tested for COVID-19, please STAY HOME until test results are received. Vaccinated individuals: Vaccinated persons who have been tested for COVID-19 should also STAY HOME until test results are received.

If you or your child receives a positive COVID-19 test result regardless of your vaccination status, please notify VRB immediately.

Tips to returning the classes, rehearsals and performances safely



Allow time each morning to complete the screening checklist.



Use the same thermometer on the same spot each day for consistency. When using an oral thermometer, avoid food or drinks for at least 15 minutes prior.



Practice appropriate mask use. Make sure you know how to wear your mask and how to properly take one on and off.



Practice hand hygiene. Make proper handwashing a frequent part of the daily routine (at least 20 seconds ensuring the front, back and in-between fingers are washed).



Practice distancing. Consider ways to visualize a 3-foot distance.