

The Plan: To run planned classes with reduced number of students per class, implement social distancing and follow government recommendations for cleaning, apparatus use and entrance / exit strategies for staff & students.

Registered students are between the ages of 2 to 18 + years age who are healthy, self-motivated, understand and are willing to follow MDG class etiquette as well as clear the COVID-19 symptoms & situations check list before stepping into the studio.

EACH REGISTERED STUDENT IS REQUIRED TO BRING & USE THE FOLLOWING ITEMS:

- Personal mask
- Yoga mat
- Proper class attire. Come dressed for class!
- * Water bottle
- * Hand sanitizer

BE PUNCTUAL! Latecomers will not be permitted to enter class after five minutes into the start of class. Extenuating circumstances with notification to MDG staff will be considered.

ENTRANCE TO STUDIO: 1 student at a time. MDG will be open fifteen minutes before class start time. One parent / caregiver per student for drop off only. To minimize traffic in the studio, ONLY students are allowed to enter the studio beyond the lobby and use the MDG washroom facilities.

Signed MDG COVID-19 Waiver will be required by each student before entry into MDG in order to participate in the classes. See separate document.

Aerial Apparatus will be sanitized at the end of each class. Whenever possible, one aerial silk or hammock etc., will be assigned per student per class. In the case of aerial hoop, trapeze and pole etc. hand sanitizer and sanitizing of the apparatus will be implemented between students unless students are in a family bubble.

Students are required to wear a personal, consideration mask to enter the studio and while in the studio lobby waiting for class to start but NOT during the activities. Instructors are required to wear masks at all times while teaching and supervising during the class. When spotting students necessary for safe skill development, instructors will hand sanitize before and after spotting individuals for any skill.

Students are required to bring own yoga mat to place under apparatus they are working on.

Students & instructors will maintain social distancing of 2 meters apart while in the studio.

CLEANING of the MDG studios: Frequent cleaning of the commonly touched surfaces and washrooms will occur throughout each day. This will be taken care of by MDG staff.

CLASS ATTENDANCE REQUIREMENTS:

BE PUNCTUAL!

Follow the instructor's class plan – ONLY do skills with clear instruction from the instructor.

Students must work ONLY within the designated space on the designated apparatus.

Peer skill sharing is not allowed in this class setting.

Photography and / or videotaping in class will not be permitted during class.

MDG COVID-19 PROTOCOL:

Students enter 1 person at a time through sanitized MDG front door.

Hand sanitizer to be applied right at the lobby entrance.

Come dressed for class!

Personal items will be placed in designated areas for each individual.

Hand sanitizer to be used at the end of each activity before moving into the next activity.

Punctuality is Key! Students EXIT studio 1 person at a time by the back door / large classroom.

Pick up of students shall occur at the BACK of the MDG building as long into the Fall as the weather permitting.

INSTRUCTORS:

Clear the COVID-19 check list each day.

Understand and follow established MDG precautions and protocol for COVID-19.

Wear a personal consideration mask while teaching students in class.

Complete class cleaning checklist.

Sanitize all props and apparatus at the end of each class.

Wash mats at the end of the last class of the day.

Work together with other MDG staff to sanitize ALL commonly touched studio surfaces such as door handles, light switches, etc. before leaving the studio.

Exit through sanitized front door of the studio.

STUDENTS & INSTRUCTORS:

Complete the following questions the morning of the first day of the MDG season:

COVID-19 Symptoms & Situations check list: I do not exhibit any of the following symptoms.

(insert name of camp student or staff member in blank space)

1. Cough, elevated temperature and / or sickness.
2. _____ has not travelled outside of Canada nor had close contact with anyone that has travelled outside of Canada in the past 14 days.
3. _____ has not had close contact with anyone with respiratory illness or a confirmed or probable case of COVID-19.

I declare that I am / my child is clear of the previously listed symptoms and situations relating to COVID-19.

Name: _____ Signature: _____

I understand and agree with the information and protocol outlined in this document.

Student / Instructor Name: _____ Date _____

Authorized Signature (Parent or student 18 yrs +) _____

