

The Rock School for Dance Education

COVID-19
RESIDENCE HANDBOOK



Introduction

Dear students and families of The Rock School,

The health and wellness of our student body, faculty, and staff are of primary concern. Therefore, The Rock School reserves the right to dismiss at any time any student, staff, or family member, who is not fully compliant with the policies and procedures outlined in this handbook. Please do not place The School, or yourself, in this position. Thank you in advance for your understanding and cooperation.

In this packet, you will find information regarding how The School will function during the COVID-19 pandemic including steps to take before coming to The School, how to navigate the building, and other important details. Please hold onto these guidelines for your reference.

Regards,
Bo and Stephanie Spassoff



@TheRockSchool

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Steps The Rock School is Taking to Ensure a Healthy Environment for Everyone

The School plans to offer on-site instruction for our Elev  and Professional Division students ONLY (Levels 2-6) with the following protocols:

- All in-studio classes will be offered at 50% capacity.
- Pas De Deux classes will not be offered to Professional Division students.
- All other classes will transition to online instruction or will not be offered until further notice.
- Exact class sizes will be determined by the size of the studio, where 6' markers have been placed on the barres and floors to ensure appropriate distancing measures.
- No "hands on" corrections will be made.
- All students will be assigned a specific barre area to use each day. The last 5 minutes of class time will be reserved to sanitize. Cleaning supplies will be provided by The Rock School; however, students will be responsible for sanitizing their own designated areas.
- Students will use the same barre spaces every day for class.
- High touch surfaces such as handrails, light switches, and doorknobs, will be sanitized each day by The Rock School staff.
- Class times will be staggered to ensure proper distancing measures.
- Hand sanitization stations will be placed next to all studios, and throughout the building.
- The Rock School building and studios will be sanitized **daily**.
- The Rock School has an inventory of masks for students who forget their masks at home. One complimentary mask will be provided for each student; additional masks may be purchased for \$2 each.
- All students, faculty, and staff will be required to wear face masks or shields while inside the building. For additional information, please see "Face Covering Protocol."

How to Navigate the Building

Entering the Building: The front door of The Rock School will be divided by a sneeze guard. When on the outside of the building, the right side will be used as the entrance, and the left side will be used as the exit.

Using the Staircases: Students should plan to use the front staircase to go up, and the back staircase to go down.

Follow the Signs: Arrows and signs have been placed on the floors and walls to represent traffic flow of the building.

Elevator Use: Students are not permitted to use the elevator unless for a medical reason. In this case, only 2 individuals will be permitted on the elevator at the same time.

Use of The Rock School's Facilities

The Main Office

- All communication with the main office staff must be done via phone or email.
- In-person communication is scheduled by appointment only, at the discretion of The School Directors.
- All payments to the main office must be submitted via online or mailed to The School in the form of a check until further notice.

Restrooms and Locker Rooms

- Resident students **only** will utilize the **3rd floor** locker room and restrooms.
- Commuter students **only** will utilize the **1st floor** locker room and restrooms.
- Restrooms will be equipped with sanitization products for student use.

Machines

- The use of vending machines and water fountains will be prohibited until further notice.
- Students are encouraged to bring their own water bottle to classes each day. Additional water bottles will be available for purchase at the main office.

Student Conduct Rules

- Students are not permitted to have any physical contact with each other (hugging, high fiving, partnering, handshaking, etc.)
- Once students have entered the building for the day, they are not permitted to leave unless for an emergency or medical reason. This includes but is not limited to coffee runs, picking up food, and going to the dorms.
- Students should plan to bring everything they need for the day (snacks, plenty of water, all shoes, change of clothes, masks, etc.)
- Students must wear masks covering their noses and mouths at all times unless they are eating a meal in the Café.

As mentioned previously, the health and wellness of our student body, faculty, and staff are of primary concern. Therefore, The Rock School reserves the right to dismiss any student, staff, or family member who does not fully comply with the policies and procedures outlined in this handbook.

All students will be required to sign and submit a COVID-19 Hold Harmless to The Rock School prior to the start of the 2020-2021 school year.

Face Covering Protocol

The Rock School is following all CDC guidelines to ensure the safety of our students, staff, and faculty. Please take note of our face covering requirements:

- All individuals must wear a face mask while on The Rock School premises. These must cover each individuals' nose and mouth **completely**.
- Cotton masks are recommended as they are the most breathable.
- Bandanas, scarves, t-shirts, towels, and sweatshirts are prohibited to use as face masks.
- Face masks must be secure, so they do not fall off during class.

According to the CDC:

- Cloth face coverings may help prevent people who have COVID-19 from spreading the virus to others.
- Cloth face coverings are most likely to reduce the spread of COVID-19 when they are widely used by people in a public setting.

Steps to Take Before Coming to The School

Residents

All residence students will be required to be tested for COVID-19 **no more than two weeks prior** to their arrival to The School.

Proof of testing must be emailed to registration@therockschool.org before arrival.

Commuters

Commuter students are **not** required to be tested for COVID-19 before the start of the school year.

The Rock School recommends all students limit their travel and exposure **two weeks prior** to the start of the school year.

Academics

Rock Academics will function at 100% capacity while ensuring proper social distancing measures.

- Students will be seated at a minimum of six feet apart and will take over the whole second floor of the building, including the Café area.
- The entire second floor will be off limits to non-academic students during academic class time.
- Academics students will be required to wear masks covering their noses and mouths for the whole duration of academic classes.
- The Rock School will not offer any ESL classes until further notice.

General Residence Information

- All residents are required to be tested for COVID-19. Please see “Steps to Take Before Coming to The School.”
- Move-in will take place over the days of September 6th to September 7th. All travel itinerary must be communicated to the Residence Director, at residence@therockschool.org.
- All residents will be required to wear a mask covering their noses and mouths while in public areas (hallways, common areas, etc.)
- A member of the residence staff will administer daily temperature checks to all residents before they go to the studios.
- Social distancing signage will be posted in the residence.
- When a resident interacts with a commuter, they must remain 6 feet apart and wear a mask at all times.
- Absolutely no outside visitors are permitted inside the residence at any time. Parents are permitted to enter during move-in/move-out periods.
- Move-in/move-out appointments must be scheduled with the Residence Director in advance.
- Parents are required to follow CDC guidelines, wear a mask, and undergo a temperature check, before they enter the residence.
- Residence outings will be extremely limited. Students will be permitted to take occasional trips to the grocery store and must wash their hands as soon as they return.
- Residence staff will coordinate brief outings for students living in the same room.

Residence Living Information

- The use of the lounge area will be by request. Residence staff will coordinate this schedule.
- All dorm rooms are equipped with one restroom for every 2-3 students. Specific rooms and restrooms are reserved for students who are feeling sick.
- Personal spaces in the dorm rooms are 10 feet apart to ensure proper social distancing.
- Restrooms and common rooms will be cleaned once a day during the week, and twice a day on the weekends.
- All dorm rooms will be deep cleaned and locked before student arrival, to ensure sanitization.
- No kitchen use will be permitted in the residence.
- All dorm rooms will be inspected every other day. If a student proves consistent cleanliness, inspections will occur once or twice a week.
- Residents will rotate cleaning the common area, to ensure cleanliness and sanitization.
- Residents must wash their hands or use sanitizer as soon as they enter the dorm.