

NUTCRACKER OF MIDDLE GEORGIA

COVID-19 PROTOCOLS AND PROCEDURES FOR REHEARSALS

Nutcracker of Middle Georgia has established a comprehensive plan to provide a safe environment for dancers and staff during rehearsals at the Jean Evans Weaver Center for Dance. These policies and protocols are based on guidance from the Center for Disease Control and the Georgia Department of Public Health. The health and safety of our dancers and staff is of paramount importance to Nutcracker of Middle Georgia. We are fully committed to continually updating and revising this plan as new information about the virus becomes available.

The following are procedures that we have put into place in order to provide the safest environment for our dancers, artistic staff and volunteers.

Health Screening and Temperature Checks

All dancers will be required to complete a screening form along with a temperature check upon arrival. Please be sure to arrive 10-15 minutes prior to the start of your rehearsal in order to complete the screening.

Masks

Masks are to be worn at all times while in the building and should be monitored and changed as necessary. When a mask becomes damp/wet, it is no longer effective against aerosol particles. We recommend dancers bring at least one extra mask per rehearsal and change as needed.

Clothing

Dancers should come to the studio with ballet attire on or underneath street clothes. There will be no dressing room access and dancers will not be able to change clothes in the bathroom.

Building

It remains important to keep the number of people in our building limited to prevent the spread of COVID-19 and to protect our dancers and staff from a potential exposure. In order to do so, we must limit entrance of the building to only dancers. There will be a board member present in the lobby during the youth rehearsals in order to ensure the safety of the children that are dropped off at the door. No child will be permitted to leave the building until a parent presents to the door for pick-up.

Cleaning

We have developed an ongoing comprehensive cleaning protocol that includes regular sanitization of high touch surfaces along with readily available hand sanitizer. Our current HVAC system has been updated and equipped with an air purification system.

REQUIRED PROCEDURES FOR ILLNESS AND/OR EXPOSURE

In order to provide the safest return to rehearsals, Nutcracker of Middle Georgia will be utilizing the “Isolation and Quarantine Calculator” on the Georgia Department of Public Health website found here: <https://dph.georgia.gov/covid-quarantine-calculator>

The calculator will provide an isolation end date for:

1. Those that have tested positive with symptoms
2. Those that have tested positive without symptoms

The calculator will also provide a quarantine end date for:

Those that have been exposed to someone with COVID-19 and are NOT fully vaccinated.

Testing

Anyone with symptoms of COVID-19 should be tested, regardless of vaccination status or prior infection. You may test out of quarantine after exposure by following the criteria on the “Isolation and Quarantine” calculator for “exposure when not vaccinated”.

*****ANY TEST DONE MUST BE A PCR TEST**

No Quarantine Guidelines

* For someone who has been FULLY VACCINATED and shows no symptoms of COVID-19, they do NOT have to quarantine. However, fully vaccinated people should get tested 3-5 days after exposure.

* People who have had COVID illness within the previous 3 months or have tested positive within the previous 3 months do not need to quarantine or retest following an exposure as long as they remain without symptoms.

Confidentiality

NMG will respect the privacy and confidentiality of any dancer who reports an illness. Please be aware that due to the seriousness of exposure, NMG may need to inform others who came in close proximity to an infected dancer, without identifying the dancer by name.

Contact

We are all responsible for our safe rehearsal space and we appreciate the cooperation of all of our dancers and parents to help prevent the spread of COVID-19. We will continue to closely monitor the situation and provide updates as needed. We do ask that in the event of an illness or an exposure that you contact Cindy Jarrard: cjarrard22@aol.com and Susan Hammock: sshammock@cox.net, so that the appropriate measures can be put into place to safely return the dancer to rehearsals in a timely manner.

Thank you and we look forward to a safe return to rehearsing our Nutcracker!

Cindy Jarrard, MSN, RN

Susan Hammock, RN

Wesley Blackwood, MD, Medical Advisor to Nutcracker of Middle Georgia

