

COVID-19 & ILLNESS PROTOCOL

As part of All Abilities Cheer and Dance, I agree to the below conditions and commit to following the social distancing protocol to help keep everyone safe.

AT HOME

I agree to check my temperature at home before coming to class.

I will not come to class if my temperature is above 37.0 degrees.

If I have any symptoms of the flu, I will not come to class.

If I have symptoms or test positive, I will request for my class to be live streamed online.

IN CLASS

I understand that there are changes in my class.

I am aware that before we start the class, my teacher has to mark the roll.

I agree to wash my hands or sanitise when asked to.

I understand I need to wear a mask if I'm a close contact.

I understand that my coach may wear a mask and some of my friends might too.

I know that during my dance class, I cannot touch other people. This includes giving high fives, hugs and holding hands (except in cheer).

To say hello, I can touch elbows or wave.

I know that I need to stand arm width apart (where possible) from others. It is important that there is space between me and my friends.

I will let my Support Worker know of these changes.

AFTER CLASS

When class is finished, I can give my teacher a big smile, elbows or thumbs up and wave goodbye to my friends.

WHAT TO DO IF YOU CONTRACT COVID-19

If you contract COVID-19 and have been to the studio, please text or email us immediately.

NEXT

Follow SA Health guidelines.

As we are a vulnerable group, please do not come to class if you contract COVID-19.

WHAT TO DO IF YOU'RE A CLOSE CONTACT

If there is a case of COVID-19 at the studio, we will text and email you immediately.

NEXT

If your coach tests positive, your class will move online until safe to return in-person.