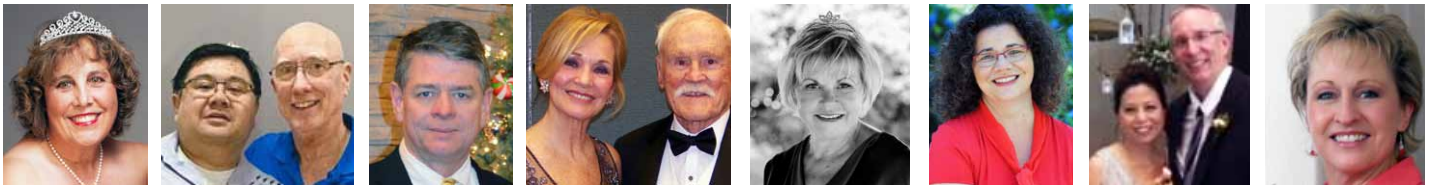


National Smooth Dancers
Dance Whispers
December 2020



From the Dance Whispers editors to the members of the National Smooth Dancers: in this unprecedented time of no ballroom dancing we encourage you to stay connected to dance, each other and yourself. We hope this issue may help in some small way. Be well, be safe, until we get to meet on the dance floor again. **Never Stop Dancing!**



The Dance Whispers Editors (L-R): Sandy Wells - Los Angeles; Frank Lacson & Mark Chapman - San Diego; Carl Chesbrough - Golden Gate; Debbie Atherton & Don Hubbard - Palomar; Rachel Seward - San Fernando Valley; Liora Malicdem - Bakersfield; Myra & Shane Nielsen - Visalia; Linda Bennett - Fresno.



Publishing Editor

Tom Wells

December 20, 2020

Hello Fellow Smooth Dancers,

First things first, I want to take the opportunity to wish everyone a very happy Holiday Season. Whether you celebrate Christmas, Hanukkah, Kwanzaa, Winter Solstice or just take this time to reflect on your year; it is not the season to focus on everything you wanted, but the Season to focus on everything you have.

After many years of service as Palomar's Dance Whispers editors, Don Hubbard (11 years) and Debbie Atherton (9 years) will be stepping aside as editors. The creativeness and enthusiasm they put into their articles made reading them a joy. On page 2 you will be introduced to Palomar's new editor, John Sankis. It is heart warming when a relative new member steps up and immerses themselves in service to NSD as John is. He will have some pretty big shoes to fill and I am looking forward to working with John, welcome to the Dance Whispers team.

As we come to the close of a difficult year, there is a feeling of hope that 2021 will bring better times. There are 2 vaccinations approved for use and they have already begun administering the vaccine. There are another 63

vaccines in clinical trials! And though December has been a brutal month for COVID-19, we can't help but look to 2021 with hope. In the spirit of that hope, we want to open the discussion of when will we get back to dancing and what will it look like.

Page seven opens this question and members are encouraged to consider what are their needs are for returning to dancing. As we move forward it will be important for our leadership to have this information so plans can be properly made for the health of our members and the finances of our organization.

Al Folkman shares his experience of attending a mini-social at the Champion Ballroom on June 19th. There is also a complete reprint of the USA Dance Task Force on Dancer Health report: [COVID-19 FAQ for dancers and dance companies returning to the studios](#) (pp7- 11). There are numerous links to online information so you can start doing the research for making an informed decision as to what is appropriate for you.

I encourage members to consider and discuss this question during your chapter virtual meetings.

Until we meet again on the dance floor
Never Stop Dancing,

Tom Wells

A GRAND FAREWELL from Don Hubbard and Debbie Atherton as we move on from our Dance Whisper Editor duties after 11 & 9 years, consecutively, of enjoyable service! We are passing the torch to a newer Palomar member, and well qualified member at that, John Sankis.

We asked John to put together a brief scenario to give you all an idea what he is about!



John Sankis - Palomar's new Dance Whispers Editor

“John retired from Field Engineering in 2014 already having a few years of dancing in the log book. With the freedom of not having to live east of the Mississippi near a major airport, he found his way to San Diego on New Year’s Eve of 2014. He has also since retired from Dear Hunting (Joyce!). John is an armchair physicist, and also enjoys fishing, watercolor painting, reading, writing, math, 30’s through 80’s music, and Ballroom and Brake dancing.”

News from our Queen Ann! Some of you may or may not know that just 3 days after the LA Coronation in January, I collapsed on the golf course. Diagnosed with a brain bleed, I was transferred by helicopter to a different hospital and spent 2 weeks in Intensive Care before finally going home! End of May I relapsed, took two trips to the ER, testing for Covid twice, Pneumonia twice, round of Prednisone and double batches of antibiotics, multiple changes of medications and Post Intensive Care syndrome – today I’m finally on the mend!

Being in the “high risk” group, Tom & I have done NO traveling – except to our garden. I’ve harvested potatoes, tomatoes, sweet potatoes, onion, green beans, lettuce, dried mountains of herbs and burned up the motor in my mixer. I’ve also been working on my bead jewelry. Did I forget to mention the nearly 400 masks I made & donated?

Most of all we miss spending time with our Ballroom Family. In April I got an enhanced Zoom Membership. I use it for our monthly online meetings and “social” gatherings to share experiences and check on each other. Stay well. Till we meet again! Queen Ann



Carrie Kloss – Hooping!

One of our clubs beloved dance teachers, Carrie Kloss, has added to her repertoire by putting dance into her Hoop Classes! Please check out her website for a “Beginners Journey into HOOP DANCING” “and join the fun! www.danceflowstudio.com.

Palomar Smooth Dancers welcomes a new dance studio in North San Diego County - McCann Social Dance Club, located at 1769 South Oceanside Boulevard, Oceanside, has opened its doors to the public. Last October, an invitation was given to all dancers to a free Halloween Open House. Several Palomar & San Diego dancers were in attendance and enjoyed group classes. Included in the program was a Showtime by owners Elisa and Steven McCann. The Shutdown order is being observed. When that changes the studio will return to full studio functions!

As I (Don Hubbard) look back on my 11 years as an editor of Dance Whispers, what comes to mind is the wonderful people with whom I have worked that have made the job easy and enjoyable for me. After two years as solo editor, the Dance Whispers went on line. Because of my lack of computer skills, it appeared that I would no longer be able to continue as editor. However, to my rescue came Debbie Atherton, with all of the necessary skills. She became co-editor and I was able to continue for 9 more years. She has been a joy to work with. The new technology, introduced by Los Angeles Chapter members Don Haight and Tom Wells, produced a wonderful newsletter of color and pictures. Tom, our editor and chief, is helpful, encouraging and does a fantastic job of putting everything together.



(FarLeft) Ann making Covid masks! (Middle) Ann's Talented Jewelry (Above Left) Ann's Jelly & Jam (Above Right) Bread Galore! .

MAKE ROOM I GOTTA dance

We all know that no matter our age, range of motion, level of dance, or dance style dance the influence of dance gets into your soul. Think about how many times a dance performance or showcase has stirred emotion in our lives.

Just saying the word Gotta Dance makes me Wanta Dance! Yes, COVID makes us dance around the house with and without music, but us dancers have to dance with music. Because all of us dancers need music to set the mood, drop the beat, and create the motivation required to start the dance movement or choreography. So, how are DJ's and musicians finding creative

Tom Mendola
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www.SummerWindEntertainment.com
ways to connect with us dancers during COVID?

Tom Mendola, a professional entertainer, and DJ is someone you might remember as Frank Sinatra at the 2019 Crown Circle Luncheon and the drummer and songster at the evening events. Tom is also the best at creating playlists that fit the dance setting, style, and tempo.

As part of the entertainment and creative community, Tom has been impacted dramatically during this pandemic. Because music and dance are related, we asked him to tell us how the pandemic has affected his entertainment and creative community.

Music is a social art, and so is dancing. It is communication with sound (music) and movement (dancing). Even a solo artist-musician or dancer needs an audience to communicate to, and in return, they received applause, praise, and income.

Musicians and dancers need each other. DJ's need both. DJ's need the musician's music to motivate dancers. As a musician, I have a different way of approaching DJ'ing for Ballroom dancers. I can edit the music to make it more danceable for the dancers.

Musicians and dancers have been doing virtual performances and lessons for income. DJs have been providing music for dance performances and some music styles for virtual performance and revenue.

Virtual donations (tip jars) and payments paid before or over the internet help all types of entertainers and musicians can record their pieces to sell. Recording your part in your own studio and sending it to the producer over the internet is nothing new in the music field. That has been going on for a long time now. Technology, however, has changed the way we make art and interact. It is here to stay.

Technology cannot replace the feeling of being with people in the same venue and sharing the energy that artists create on an audience face-to-face.

That is what we all miss—social art.



Tom supports the SFV chapter home-based dance studio Hollywood Academy of Dance by DJing at the Saturday Night Live Zoom weekly social dance event with both pro and amateur dancers. The evening includes a 45-minute dance lesson with David Moutrey and one hour of Tom's best dance music, and some nights include a Chat Trivia Time or Name That Tune game. Studio owner Yelena C follows all the COVID social distancing rules and other needed safety requirements.

Cost is \$15 for one - \$25 for a couple

Contact Joan Robinson at joandanceforlife@gmail.com for all the details.

Who do you recognize in these photos?

Music has the power to improve our health and well-being. When you add "I Gotta Dance" to your music, it's like adding a super vitamin to your health.

(Top Left) *The Fantastic Four --- Sunny, Michael, Joan and Stephen.*
(Top Right) *The fabulous Tom Mendola as DJ.*

(Left) *These two look good even hidden in a mask - Virginia & David Moutrey.*

(Below) *Joan Robinson - Stephen Murrery.*

Catching up with our Members



State Queen Joan Robinson is excited to share the news that she will inherit two new granddaughters next March. She plans on spending a lot of time in San Diego next year and would love to hook up with any Palomar or San Diego friends to get a break from babysitting duties.

Please contact her at joandanceforlife@gmail.com if you are interested. She hopes by then we will be free of social restrictions and looks forward to joining you at your dances when they are being held, once again.



Los Angeles members Chuck Johnson, Victor Lee, Sandy Wells and Debby Ku, all with November birthdays, got together for an outdoor barbecue at Tom and Sandy's home. They normally get to celebrate together at the Los Angeles November monthly dance. Of course 2020 has disrupted that tradition, but didn't stop the celebration!

Sandy Wells took advantage of the pandemic to get a total knee replacement surgery on December 7th. The surgery went well and she is at home recuperating. She should be ready for the dance floor by the time this pandemic is over!



Corona Virus of 2020 Alice Mah Miller

2020 will go down in history for a virus that knew no geographic boundaries; it also will be remembered as the year that all activities were canceled. Self-quarantine and wearing masks outdoors were the norm. Gatherings for birthday parties, wedding ceremonies, graduation celebrations, holiday family dinners, and travel were canceled in fear of catching or spreading the virus. There seemed to be no end to all this.

With schedules disrupted, it is difficult in keeping track of which day of the week it is. Every day is the same with nowhere to go. Watching old, old movies on YouTube, playing video games on the computer, posting old travel pictures on Facebook, listening to music and taking power naps were no longer fun to do. It is driving me mad staying home day after day doing the same old boring things. I wish all that could be replaced with dance parties, dance conventions, eating out in restaurants, visit with friends and travel around the world.

A year from now what will I remember about 2020? It would probably be all the things I didn't get to do and the memories of all those who left us during this past year.



*(Above) Alice Mah Miller prepares to go in to cast her vote.
(Left) Craig Miller masked up for grocery shopping.*



Los Angeles Chapter president, Tom Wells, participated in the USO's 5K Turkey Trot for the Troops. Tom was on team USO-LAX. The route was multiple laps around the horse shoe of the arrival level at the LAX airport, where the USO center Tom volunteers at is located.

Holiday Pandemic Fashion



The Golden Gate Chapter is looking forward to a Happy (virtual) New Year celebration. We will miss our annual end of the year gala. It was a grand event in 2019, and we hope to have a bigger celebration at the end of 2021. Many people are looking forward to getting together again, both for dance, as well as being with our friends. Prior to the COVID-19 shutdown Vera, our vice-president, visited Bill in Palm Springs. Here is a summary of her visit, and a couple pictures (without masks) of her visit.

Life is all about timing and this is how I know that!



One of our chapter members, Bill Swindle, moved to Palm Springs a few years ago. Yes, we miss him, yes, we wish he was back here in Northern California, and yes, he is enjoying his life in Palm Springs!

January of this year, I planned to visit him in Palm Springs, but had to delay my trip to February. I'm now so glad I didn't delay to March as I would not have been able to go due to the SIP! Timing is everything!

For anyone who knows Bill, you know the energy this high spirited gentleman brings into the room and easily shares with anybody and everybody within visual or audible reach! It's as if an energy switch has been turned to the ON position as he enters the room! He is captivating in everything he does and he does so with the innocence of a child...well, maybe a naughty child because he really does a great job of showing off! And he does it so effortlessly and shamelessly!

My stay with him in Palm Springs was only 7 days, but in those 7 days we went dancing 2 or 3 times every day! This is not an exaggeration and we danced on every available surface! Oh, how I miss him here in Sonoma County. Just being around him reminds me how important it is to enjoy life, friends, and DANCING!

Hugs to you, my friend, Bill! I am looking very much forward to the day when you and I can dance together again! Please stay safe until then!
-- Vera Harvey



Gotta Dance! After way too many months of cancelled monthly dances, **Bakersfield Smooth Dancers** held their November dance...at The Wilson Family Farm Shed. Sixteen dancers went to Shafter for the open-air structure with a large floor – invite dancers, and voilà it's a dance floor.



Transformation of the Wilson Family Farm Shed complete.



Masks can't hide those smiles as Charlene Miller and Wendy Wilson greet attendees.



From a Distance. Who are these mystery dancers?

The dance was a success! So, what's next for these masked, mystery dancers? A Masquerade Ball at the Wilson Family Farm Shed.

Hello from Visalia. We are not holding our monthly dances, but we do have a few dance activities on going. We are quite lucky to have several dance teachers offering classes using the CDC requirements. Franco Peraza holds Salscercise on Tuesdays at the Visalia West Grange He also gives private lessons Tuesday afternoon. Franco uploaded a virtual showcase performed by several of his students to YouTube. Here is the link if you care to watch <https://youtu.be/1-3bmJ34fBk>

Eileen Chavez also offers group classes with practice time on Saturdays at West Visalia Grange.

In the early fall some couples practiced dance at the Bixler barn. All windows and doors were open, fans blasting, and no partner switching. Groups were no more than 5 couples.

Our club had discussed alternatives to renting a storage space for some time. It was decided to purchase a Green Box storage unit. Our unit is gray instead of green, in case you were wondering. Some of the men in the club moved the many boxes of supplies and decorations and several of the women have been sorting and organizing the materials.

Our club has been holding our Monthly meetings virtually. It is wonderful just to see our members that we miss so much. We can't wait to get back on the dance floor.

Queen Carol Bixler



Visalia chapter members are quite lucky to have several dance teachers offering classes using the CDC requirements. Franco Peraza holds Salscercise on Tuesdays at the Visalia West Grange He also gives private lessons Tuesday afternoon.



Visalia Chapter purchased a Green Box storage unit to store the chapter's supplies and decorations.

Wishing you a very safe and happy holiday season!

Fresno Smooth Dancers



When Will We Be Able To Dance Again?

This discussion is not intended to define when we should start dancing again, or even what it will look like. Instead, it is meant to begin the conversation.

During a NSD president's zoom meeting a common report was that many members would not feel safe to return to dancing until after there was a vaccine. Well, this month we now have 2 vaccines approved for full use and 63 vaccines in clinical trials! So now the next question is at what stage of vaccination rates will you be willing to venture out to dance? Or will it depend on when you personally receive your vaccination?

We will be making important decisions in the near future in regards to returning to dancing. The Los Angeles and San Diego coronations will not be held since their queens did not have the opportunity to preside as chapter queen this year. The Bakersfield spring dance weekend known as The Boards is scheduled to be held, pending the mandates of the pandemic and the willing attendance of our members. So I encourage everyone to answer these question for yourself; when will you be willing to return to ballroom dancing? What safety protocols will have to be in place in order for you to return to ballroom dancing? Please share your answers with your chapter leadership so that we can begin making informed and intelligent decisions about the National Smooth Dancers return to the dance floor.

[San Diego Editor's Note: This article was written back in June after Al attended one of Mary Murphy's Friday dance events early in the pandemic. Circumstances have changed often and quickly since then and it has never been certain, from week to week, when one of these Friday evenings would be cancelled at the last minute. Regardless of the status of these evening events at any given time, Mary has been working hard to keep her Champion Studio open throughout this ordeal. Al's article is presented here to provide a picture of what Mary was doing earlier this year in the midst of the pandemic to continue to serve the dance community in San Diego.]

Champion Mini-social on June 19th

Written by Al Folkman in June

I was one of several SDSD smooth dancers who participated in Champion's first attempt to get back to partnership ballroom dancing at socials. I completely enjoyed the experience and would recommend Mary's format to our club members. Here are some of the details on the safety procedures that Mary is following

1) Mary is initially having these mini socials on Friday

nights. She may expand to Saturday night if there is sufficient interest in the dance community.

2) The Friday dance is divided into 2 one hour dance sessions. The first session is from 7-8pm and the second session is from 8:30 to 9:30pm. The cost is \$10 per person for the hour session. There is a half hour break between dance sessions to allow for cleaning and disinfecting the tables occupied by the dancers.

3) You will sign 3 documents before you can enter the ballroom. There is a Champion Health and Safety Guideline, A Screening Questionnaire, and A Corona virus Property Entry Advisory and Declaration. You can get these documents ahead of time by calling Megan at the front desk and asking her to email them to you. This will save you time at the entry station. You will have your temperature taken before you can enter the ballroom.

4) The ballroom has a maximum of 12 tables. There are 6 regular tables along the east side of the ballroom and 6 high rise tables on the mirror side of the ballroom. All have been cleaned and disinfected. You have your choice of any unoccupied table.

5) Only one couple is allowed per table and you can only dance with your partner for the entire hour. This makes a maximum of 12 couples on the dance floor at a time. You must wear a mask or face shield on the dance floor. Mary is selling the face shield for \$12 and it is well worth it as it makes the breathing so much easier on the dance floor. Plus you can see your partners face rather than looking at a mask. Much more enjoyable.

6) You can bring a snack food and a beverage (white wine is allowed) but cannot share it with any other table. You may remove your mask while seated at your table.

7) Only one person is allowed in either the men or women's restroom at a time.

8) You must clean your station when the dance hour is over so the table is disinfected for the following 8:30 dance.

Getting back to partnership dancing was very enjoyable for me. And the procedures Champion has in place, I think, make it safe for all the dancers. I will do it again.

Al Folkman

Published by USA Dance Task Force on Dancer Health
COVID-19 FAQ for dancers and dance companies
returning to the studios

The Dance USA Task Force on Dancer Health is committed to protecting the health and safety of professional dancers. The information in this document

is meant as an adjunct to provide more information for dancers and companies as we all work to mitigate the transmission of COVID-19 and provide safe environments for dancers in the studio. Please refer to the informational paper titled: Return to Dancing and Training Considerations Due to COVID-19.

The information in this document is not intended to be a substitute for professional medical advice or recommendations from federal, state and local public health authorities. As the knowledge regarding COVID-19 is constantly changing, please also refer to the resources contained in this document and your local public health officials for the most up to date information.

How is the COVID-19 virus spread?

- Through droplet transmission in the air
 - Coughing, sneezing, forceful expiration, singing or yelling produces larger droplets that can contain a higher virus concentration and spread farther.
 - Normal talking and breathing produce aerosol droplets that remain suspended in the air
- Through droplet transmission on surfaces - touching the virus and then touching your face

What is an asymptomatic carrier?

- A person who carries the virus, but does not show symptoms.
- Anyone at any age can be an asymptomatic carrier.
- It was surmised that a younger population may have mild to no symptoms but still infect others. However, as more people become infected, we learn more about the virus and are now seeing a rare but dangerous hyper-inflammatory condition that has been termed multisystem inflammatory syndrome (MIS-C) disease in our very young.

What if I just have a runny nose, sneeze, and cough from seasonal allergies?

- These symptoms are still an issue because COVID-19 is spread in the droplets from mucous
- You may have allergies but still be an asymptomatic carrier of the virus and spread the disease, causing others to become ill
- If your allergies are not controlled, please see your doctor to help get these symptoms under control as you should not be in the studio with any of these symptoms while the virus is still a threat.

Should companies be screening dancers and staff?

- For optimal safety, the answer is yes
- Some sports teams are adopting the following daily screening measures and creating a written log for athletes prior to entering training facilities:

Daily temperature checks.

-Athletes presenting with a temperature > 100.4 degrees Fahrenheit should consult with a physician for further evaluation

-Review of any symptoms that could be attributed to COVID-19

-Cough, difficulty breathing, sore throat, unusual headache, unexplained muscle and/or joint pain, chills, fever, nausea, vomiting, diarrhea, loss of sense of smell, pink eye

-Signs of increased fatigue

-Review of other possible symptoms and feeling unwell

-Anyone with symptoms or fever is asked to return home, report to their physician and isolate themselves.

-Sore throat, congestion, headache, muscle and joint pain, chills, nausea or vomiting, diarrhea, loss of sense of smell, pink eye

• The same procedures should be applied to all employees entering your location

• All dancers and staff should be self-monitoring their symptoms. This may include but is not limited to:

• Checking for fever > 100.4, cough, shortness of breath twice a day

• Daily review of other symptoms that could be related:

• Anyone who develops symptoms should leave immediately, seek care from their physician, and isolate

Should a pulse oximeter and reading of oxygen saturation be part of COVID-19 signs and symptoms screening at the dance studio?

• There is no current research that supports the use of O2 saturation as an initial screening measure for patients. However, in a physician's office or when administered by a health care practitioner, it can be a useful tool to identify patients who may not be showing many signs of COVID-19.

• Early in the disease, low saturation isn't always coupled with obvious respiratory difficulties.

• ANY changes or concerns with breathing should be directed to your physician immediately.

How can dance companies try to mitigate the risk of spreading COVID-19 during phased reintegration?

• Remember that the best way to prevent the spread of COVID-19 is strict social distancing.

• Return to the studio in phases following the recommendations of your local public health authorities and use the Return to Dancing and Training Considerations Due to COVID-19 (DanceUSA Informational Paper) as a possible guide

• Treat yourself and anyone you meet as an asymptomatic carrier:

-You should assume that you are an asymptomatic carrier and could therefore infect your dancers and anyone around you

-You should equally assume that your dancers are asymptomatic carriers and could therefore infect you and your family.

-This thinking is not to make you paranoid, but is an important mindset to have when reviewing each action in your workday and figuring how to decrease the risk of infecting each other.

- Go through your workday and identify times where breathing each other's air is particularly common.

-These are the times in your workday when you need to think about blocking air transfer (like the plastic barriers now up at grocery stores and wearing face masks), and/or positioning differently.

-This includes all partnering work, time in the dressing rooms, and tactile corrections in class

- Plan for frequent disinfecting procedures as recommended by the CDC

Should dancers and staff have COVID-19 antibody testing?

- Please check with your health care provider, but currently, antibody testing is recommended only if you think you have been exposed to COVID-19 but were asymptomatic, or if you are participating in a study, or your physician suggests it.

- A COVID-19 antibody test is a blood test that can identify people who have been previously infected with the novel coronavirus. These antibodies generally arise after 1-3 weeks after infection and are not used to diagnose current disease.

- Currently, there are more than 120 antibody tests on the market and many are not considered reliable.

-We do not know if a positive test truly means you actually have antibodies against COVID-19 or if a negative test means you do not have these antibodies

- It is not yet known if having antibodies to the virus can protect someone from getting infected with the virus again or how long that protection might last.

- Regardless of test results as positive or negative for COVID-19 antibodies, you should still take preventative measures to protect yourself and others.

- Please see the CDC website for more information: <https://www.cdc.gov/coronavirus/2019-ncov/testing/serology-overview.html>

How does the dance environment differ from sports environments and what issues need to be considered?

- Dance classes and rehearsals are generally performed in a studio. Exercising indoors can pose a greater risk

of transmission than exercising outdoors for multiple reasons including air flow and being in an enclosed space. Sharing the same air for longer than 10 minutes increases the chances of exposure and infection.

- Social distancing is hard to maintain in the dance environment due to partnering, choreography, and close formation spacing. Significant modification may be required until phase 4 reintegration.

What type of Hand Sanitizer is best?

- To be effective against COVID-19, hand sanitizer must have at least 60% ethyl alcohol or 70% isopropyl alcohol and should be allowed to dry for 30 seconds

When is PPE appropriate and necessary?

- Please note that PPE is a protective layer but does not guarantee protection against the virus and is not a substitute for the most important measure of prevention of spread of the virus which is social distancing, frequent hand washing, and avoiding touching the face

- PPE is personal protective equipment and can include: a face mask, eye shield, gloves and gown to cover clothing.

- Staff who are cleaning and sanitizing studios, restrooms and high touch areas in public spaces should follow CDC guidelines for PPE when cleaning.

- The CDC guidelines recommend wearing cloth face coverings, not surgical masks or N-95 masks. Cloth face coverings can be made from household items like a bandana, T-shirt, or pillow case.

-Masks should fit snugly over the nose and mouth, not be touched once placed on the face, and washed or discarded immediately after each use.

- Non-healthcare providers should wear masks, but do not have to wear gloves which give people a false sense of security. Touching items with gloves can transmit the virus just as easily as bare hands. It is best to practice proper hand hygiene when touching public surfaces: frequent hand washing and/or the use of a minimal 60% ethyl alcohol or 70% isopropyl alcohol-based hand sanitizer and letting it dry for 30 seconds

- Considerations for dancers wearing masks

-A mask will make it harder to breathe during exercise initially and dancers should self-monitor for symptoms of light-headedness, dizziness, numbness or tingling, and shortness of breath

-Monitor the intensity of your class/workout as you get used to wearing a mask during exercise

-Your body will adapt over a few weeks to wearing a mask

-If you start to feel dizzy, imbalanced, or over fatigued stop your activity and rest

-Do your best not to remove your mask during

class or rehearsal. If you do need to remove your mask, dispose of single use masks in the trash or place a reusable mask into its own sealable bag, wash your hands and/or use an alcohol based hand sanitizer letting it dry for 30 seconds and then replace it with a clean one.

-Dancers may require multiple masks to get through the day

-If your mask becomes saturated with moisture from breathing or sweat you need to change into a dry mask.

-A wet mask is less efficient at filtering bacteria and viruses

-Masks should only be worn once and then replaced with a fresh mask.

-All reusable masks should be cleaned ideally in a washer with hot water and soap and then dried in a dryer prior to next use. Ironing on the highest setting can also disinfect after washing and drying.

-There are now multiple commercial reusable mask options available for use during dance/exercise

• Do dancers need to wear gloves?

-Gloves are not recommended by the CDC or WHO at this time

-Best practice is wash your hands with soap and water for 20 seconds and/or use an alcohol-based hand sanitizer as noted above

-Washing hands is recommended before and after entering the studio

• Do dancers need to wear eye covering?

-No, since you are not caring for COVID-19 patients and this is not practical in the dance setting

-Avoid touching eyes and face when in the studios and building

-No one should be in the studio with an active cough or sneeze, even from allergies

What are some additional studio/classroom considerations?

• Create a space for dancers to place their bags so that social distancing can be maintained among belongings

-These areas need to be cleaned after each dancer removes their bag

• Floor work and the touching of floors should be avoided as frequent cleaning between use of a studio is otherwise necessary

-If floorwork is necessary you may want to consider spacing out class and rehearsal times to allow for time to disinfect the floor (see further information below on proper cleaning of floors)

• Shoes can be a potential transmitter of disease. Street shoes should be removed prior to entering any studios. All dance shoes should not be worn outside of the studio.

• Additional minimum 60% ethyl alcohol-based or 70% isopropyl-alcohol based hand sanitizer needs to be available for use when

-Entering any room

-After interacting with any high touch surfaces

What are the recommendations for sanitizing dance flooring?

• Most vinyl dance flooring cannot be cleaned with bleach solutions. Ammonia based or pH neutral cleaners that are generally used do not disinfect properly for COVID-19.

• It is recommended that once a day, the floors should be cleaned as usual, followed by a cleaning with 90+ alcohol in a sprayer <https://www.hdHUDSON.com/product-page/bugwiser-sprayer> spread by a mop to spread the solution. The mop pad should be washed with soap and hot water in the washing machine between uses.

• Disinfecting the floors with this alcohol solution should ideally happen prior to every class or rehearsal

• More guidance for cleaning your studio can be found at this link: <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>.

What are some precautions that may need to be in place for dressing rooms and bathrooms?

• Until public health authorities have allowed phase 5 access per the Return to Dancing and Training Considerations Due to-COVID-19 document, monitor areas where people can congregate

• Ensure enough room for social distancing and appropriate and frequent sanitizing measures in your dressing rooms and rest rooms

• If possible, ask dancers to arrive with dance clothes under street clothes

• In your bathrooms make sure that you can maintain social distance both inside and outside (decrease overall bathroom capacity)

-Tape off waiting lines

-Close a few stalls to decrease amount of people in any given space

What are considerations for lobby areas?

• Mark the waiting rooms and lobbies to section off space to allow for at least 6 feet of social distancing.

• Have available alcohol-based hand sanitizer in lobby and waiting areas.

• Consider asking anyone coming with a dancer to wait in their car instead of the lobby. Dancers waiting for their next rehearsal time or class time can also wait in their cars or outside and can be texted when the room has been

sanitized and is ready for use.

What happens if we discover a case of COVID-19 in our community once reopened at any phase of reintegration?

- Dancers or staff who become ill while at work need to be isolated immediately and should seek advice and care from their health care provider.

-The studio and all surfaces areas where the individual was should be cleaned and disinfected thoroughly.

- Dancers and staff who are well, but who live with someone with COVID-19, should notify their supervisor and quarantine for 14 days after last exposure. Follow the CDC guidelines <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

- If a case of COVID-19 is confirmed:

-The studios and company need to halt operations for 5 days

-Wait 24 hours before cleaning and disinfecting to minimize potential for further exposure during cleaning. Ventilate the area if possible. Follow CDC guidelines for cleaning and disinfecting. <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>

-Depending on the state, public health authorities may engage in contact tracing which occurs through the physician office. To protect patient privacy, contacts are only informed that they may have been exposed to a patient with the infection. They are not told the identity of the patient who may have exposed them per the CDC.

Remember that everything is changing day to day, stay up to date with current guidelines by CDC, WHO and your public health authorities and local government.

Additional Resources:

- Preparing the workplace

<https://www.osha.gov/Publications/OSHA3990.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/workplace-decision-tree.pdf>

- United State Olympic and paralympic committee-Guidance: Return to training and sport event planning - <https://www.teamusa.org/coronavirus>

- NCAA- Core Principles of Resocialization in Collegiate Sports

<http://www.ncaa.org/sport-science-institute/core-principles-resocialization-collegiate-sport>

- OSHA Standards in the workplace

<https://www.osha.gov/SLTC/covid-19/standards.html>

- CDC- Use of cloth face coverings

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html?fbclid=IwAR2miaZeJZU4DL69VInKmCwgk0FjVuNLmlXg8YSTCD1BucvtB67swmmt2k>

- The Risks- Know Them- Avoid Them

<https://www.erinbromage.com/post/the-risks-know-them-avoid-them?fbclid=IwAR21FMRzwMH5is8XXff5dK4azOtz6B3wSIOXgZA3kDpuoqLw7G8su0vJ4j0>

<https://quillette.com/2020/04/23/covid-19-superspreader-events-in-28-countries-critical-patterns-and-lessons/>

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Disclaimer: The information on FAQ for COVID-19 contained in this paper is intended to help guide and inform the dancer. It is not meant to take the place of the advice of a medical professional. This information is provided by Dance/USA Task Force on Dancer Health.

Additional Online Resources:

<https://www.dancewirepdx.org/covid-19-resources/>

<https://www.mddanceed.org/online-learning-resources>

https://wwwnc.cdc.gov/eid/article/26/8/20-0633_article

<https://www.dancemagazine.com/coronavirus-studio-safety-2646053114.html>

<https://www.idta.co.uk/covid-19/>

https://www.washingtonpost.com/entertainment/theater_dance/some-day-well-hit-the-dance-floor-again-and-it-will-be-glorious/2020/07/03/8d6157f4-b64f-11ea-a8da-693df3d7674a_story.html

<https://nceh.ca/documents/covid-19-risks-and-precautions-performing-arts>