

## Premier School of Dance Guidelines for COVID Exposure/Illness

- If your dancer has cold-like symptoms and you're unsure, keep them home. If your dancer continues to have symptoms, we'd like them to be symptom-free for at least 24 hours (head cold) before returning. This is for non-COVID illnesses.
- If your dancer has symptoms that resemble COVID symptoms, keep them home. Consider getting tested if symptoms remain. Keep them home in the meantime.
- If your dancer is exposed to someone who potentially has COVID, but is waiting to get tested themselves, please monitor your dancer's health for symptoms and keep them home. Consider level of contact/exposure to possible positive case and that person's current health (are they symptomatic or not).
- If your dancer is exposed to someone with a positive COVID case (such as school), then they need to [stay home 10 days after exposure](#) per CDPHE guidelines. This is for close contact exposure and for someone who is not high risk. [If you have a negative COVID test after day 5, only 7 days of quarantine are now required for low risk individuals.](#) \*\*Close contact is defined at within 6 feet of someone who is positive with COVID-19 and for 15min or more.\*\*
- If your dancer tests positive themselves for COVID, then they must isolate for 10 days from onset of illness. We would need to know ASAP after a positive test result so that we can notify other dancers and teachers who were in close contact to isolate as well. [In order to return to class dancers should be 10 days from onset of symptoms and at least 24 hours fever free.](#)
- If someone in your family is exposed to a positive case, but your dancer was not, they are allowed to come to class and rehearsal. Monitor the family and dancer closely for symptoms. Only those directly exposed in close contact would require isolation (per Tri-County Health guidelines). [Close contact is defined at within 6 feet of someone who is positive with COVID-19 and for 15min or more.](#)
- If an entire class has to isolate because of a positive case, they must stay home from their other classes as well. Some classes may take place via Zoom depending on the situation. There are also Dropbox videos available to "make- up" classes.
- If a teacher or staff member tests positive or is exposed to a positive case, they will stay home for the appropriate time frame and closely monitor symptoms. We will make arrangements for classes on a case-by-case basis, including substitute teachers, students taking class in-studio while the teacher instructs from home via Zoom, or moving classes to Zoom.
- [Colorado Department of Public Health: Isolation and Quarantine](#)