

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. Please 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, 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, then they need to stay home 14 days after exposure per Tri-County Health guidelines. This is for close contact exposure (school, dance, church, family). We will not require a negative test to return to rehearsal or class unless they get ill themselves.
- 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.
- 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).
- 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 14 days and closely monitor health. 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.

[Tri-County Health Department Isolation and Quarantine](#)

[Colorado Department of Health Isolation and Quarantine](#)