**Plan for DCHS Dance Clinic / Try-outs**

Dance resumes on July 20th. Due to COVID-19, guidelines must be implemented to ensure the safety of our students.

***If students cannot follow these guidelines,***

***they will not be allowed to participate in any dance related activities.***

Dance Try-out Dates

1. On July 13th a “try-out” video will be posted. Students are encouraged to practice skills/routine before attending the mandatory dance clinic on July 22nd.
2. On July 20th, a “trick” clinic will be held at DCHS in the Performing Arts Center (PAC) from 4:00pm - 7:30pm.
3. On July 22nd, a mandatory dance clinic will be held DCHS in the PAC from 4:30pm - 7:30pm.
4. Students will try-out on July 24th. Students are to report to the PAC at 4:30pm for a review. Students will perform for judges between 5:30pm and 7:30pm.

Entering and social / physical distancing

1. Only students who are trying out, teacher sponsor, dance coach, and authorized judges may enter the PAC. Parents, siblings, etc. are not permitted.
2. On the days outlined above, the PAC doors will be propped open at 4:00pm for students to enter without touching any handles. These doors will close at 4:30pm. Late students will not be allowed entry.
3. Students will be asked the following prior to being allowed entry into the building:
   1. Have you experienced any of the following respiratory symptoms? *Students who answer “yes” to any will not be allowed to entry the building.*
      * Fever
      * Cough
      * Shortness of breath
      * Repeated shaking with chills
      * New loss of taste or smell
      * Diarrhea
      * Chills
      * Muscle pain
      * Sore throat
      * Vomiting
   2. Temperature will be checked. *Students with temperatures 100.4 or greater will not be allowed to entry the building.*
   3. Have you been in contact with any person with COVID-19 that was confirmed by a lab test? *Students who answer “yes” to any will not be allowed to entry the building.*
   4. Students must use an alcohol-based hand rub once approved for entry.
   5. Students are not to touch, hug, shake hands, or elbow bump, etc. any other student while in the building.
4. Students are to physically distance themselves from other students at all times.
   1. Students must maintain a physical distance of 6 feet
      * While standing in line, waiting to be screened
      * When entering the PAC.
      * When putting up / retrieving belongings
      * When on the floor
   2. Once inside the PAC, students will place their belongings at the bottom of the stage. X’s will be on the floor to ensure belongings are appropriately spaced.
   3. Students will then locate an “X” on the floor and wait for clinic to begin.
   4. Students are not to gather outside of the PAC or in the parking lot once they have been dismissed
5. On the day of try-outs:
   1. Attending the review is a mandatory requirement of the try-out process.
   2. Students are to report to the PAC as they have on previous days for final review.
   3. After the review has been completed, students will be escorted to C-hall of the main building where they wait until they are called to try-out.
   4. Students will be dismissed after they have performed. Approximate try-out times will be provided to students so that they inform their rides.
   5. Again, students are to maintain a social distance of 6 feet.

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Other guidelines:

1. Students must maintain a physical distance of 6 feet.
2. Students must be fever-free for 72 hours (without medication).
3. If a player begins to show symptoms or has contact with an infected person, she must notify the coach immediately. Student will not be allowed to return until cleared by a physician.
4. Students must bring their own water bottles. Students are not permitted to share drinks. Soft drinks, ice-tea, fountain drinks, or energy drinks (Monster, 5-hour, etc.) are not permitted. Students will not have access to a community water fountain.
5. Students will sanitize their hands on arrival, at water breaks, and prior to leaving the building/field at minimum. Frequent hand washing/sanitizing will be encouraged.
6. Students will participate in strength and conditioning. Students will bring their own weights.
7. Students must cover their sneezes and coughs with their elbow.
8. At the end of practice, players are to go straight to their cars and not conjugate in the parking lot.

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