



**Manitoba Association of Dance Educators (MADE)  
Association Manitoabaine des éducateurs en danse (AMED)**

**Recommendations for Reopening Dance Teaching Fall 2020**

Dance plays a vital role in the mental health and well-being of our students. Dance not only provides students with physical exercise, but serves as a creative outlet for expression, and offers connection to school, friends and self. These elements are particularly important at a time when many students are experiencing anxiety and uncertainty. It is our belief, that now, more than ever, students must continue to have access to quality dance education in order to uphold their sense of normalcy, and care for their mental, emotional, and physical well-being.

We also see dance/creative movement as a potential option in phys.ed and music classes when other activities may not be possible. Providing students can maintain appropriate physical distancing, as recommended by provincial guidelines, along with the recommendations below, movement and dance education are still possible.

This is a living document and will be updated as circumstances change, and as new information and research becomes available. These are recommendations and should not replace health and government policy. Similarly school divisions will customize their approach to re-opening dance education to suit their needs. These recommendations were made with reference to similar recommendations from Physical and Health Education (PHE) Canada, The Association of Music Administrators of Manitoba (AMAM), and Dance USA Task Force, as well as other documents listed in the references.

**DANCERS and TEACHERS**

- Wash/sanitize hands upon entering and exiting the dance room
- Do not attend if showing any symptoms of sickness as stated by MB Gov't

**DANCE SPACE**

- Dance spaces to be cleaned appropriately before and after use with special consideration to ballet barres, door handle, music equipment.
- Space to have proper ventilation including windows and doors open where possible

- *\*Bleach should not be used on marley floors. 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-sprayerspread>) by a mop to spread the solution. The mop pad should be washed with bleach in the washing machine between uses.*
- *(COVID-19 FAQ for Dancers and Dance Companies Returning to the Studios)*
- If teachers must travel from room to room, dance can be taught at or around desks, with an adapted approach of movement vocabulary. Or alternatively, desks could be pushed aside as long as social distancing rules were still in affect.
- If any floor work occurs, floors should be appropriately cleaned between classes.
- Dancers bring own mat or towel for any on floor stretching
- Designated entrance and exit in rooms with more than one door

#### CHANGE ROOMS

- No more than social distance allows for students in small spaces
- Students will need to take turns changing abiding by social distancing measures or wear dance clothes to class

#### MATERIALS

- No prop sharing unless props can be properly and fully cleaned between each use
- Dancers responsible for own set of pens/pencils/notebooks
- Outdoor clothes to be in personal plastic bag and placed in designated area of room along with water bottles
- Storage area on floor for bags cleaned between classes

#### CENTER WORK

- Maximum number of students determined depending on space available in accordance with Manitoba Health social distancing guidelines
- Dancers have 2 metres between one another in all directions at all times
- Mark the barre so dancer's place is clearly 2-3 metres away from other dancers
- Floors can be taped or marked off into 3m x 3m boxes to designate personal dancing area
- Dance style not to force any over exertion which may cause excessive breathing and spread of droplets
- Encourage normal breathing

- No activities should be allowed that require direct or indirect contact including: partner work, tactile cueing, direct floor work (ex. rolls), touching the same equipment

#### TRAVEL WORK

- *Dancers should avoid following right behind each other; it is safer to work next to each other. If dancers travel directly behind each other, they are in the slipstream where droplets remain suspended. To avoid contact, dancers need to allow even further distance.*
- *Dancers should maintain 2 metres distance apart standing side by side in one line and allow each group to complete the combination to the end of the room before the next group starts.*
- *Dancers should be reminded to maintain a distance of at least 2 metres when waiting to go across the floor and after completing the combination.*

[\(Return to Dancing and Training Considerations Due to-COVID-19\)](#)

#### CONCERTS

- At this time social distancing rules do not allow for performances unless outdoors and maintaining social distance rules regulated by MB Government
- Consider live streaming or recording performances for later viewing
- Suspend all competitions or travel at this time

#### REMOTE and IN CLASS LEARNING

- Teacher may be able to livestream class to students in remote learning if technology allows
- Teachers would need access to technology such as laptops with video and audio in order to teach remotely
- Depending on the grade and space situation, dance teachers could work with homeroom teachers to integrate learning across curricula

#### OTHER CONSIDERATIONS

- Returning to school with a trauma based approach keeping in mind the well being of dancers
- Focus on building trust, finding the joy of movement, incorporate mindfulness of body and breath, encourage group conversations
- Re-focus some work to the wings of the curriculum butterfly not associated with the practical dance element: Dance appreciation, dance analysis, dance history, healthy

bodies, alignment and stationary exercises to support proper alignment, solo, duo and small group choreography, musicality and dance, dance literacy/how to review dance works,

- Using the outdoors as dance space or for site specific dance works
- Time between classes to properly clean and dry floors if necessary
- Questions for Consideration- Who is cleaning? Is a custodian cleaning floors and teacher wiping down bars, door handles?
- More staff (EA's or homeroom teachers) may be needed to accommodate smaller groups or extra cleaning

#### MADE Board

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#### References

PHE CANADA

<https://phecanada.ca/activate/return-school-phe-guidelines>

Dance USA Task Force

<https://www.danceusa.org/informational-papers>

#### **Return to Dancing and Training Considerations Due to-COVID-19**

*Written by: Heather Southwick, PT, MSPT, Selina Shah, MD, FACP, FAMSSM, and Kathleen Bower, PT, DPT (2020)*

#### **COVID-19 FAQ for Dancers and Dance Companies Returning to the Studios**

*Written by Heather Southwick, PT, MSPT, Selina Shah, MD, FACP, FAMSSM, Kathleen Bower, PT, DPT, Kathleen Davenport, MD (2020)*

Manitoba Association of Dance Educators  
June 5, 2020 Living Document

Manitoba Orff Chapter

<http://www.manitobaorff.org> Recommendations for School Reopening for Music June 1, 2020

Manitoba Music Educators Association - Planning for School Reopening Fall 2020

<https://www.mymmea.ca>

Manitoba Government Reopening Phases

<https://www.gov.mb.ca/covid19/restoring/phase-two.html>

British Columbia Community Guidance and Support for the Reopening of Dance Studios  
May 14, 2020