



**Signs/Symptoms**  
Dancer or Staff Member is showing signs & symptoms of Covid-19

**Stay Home**  
Dancer or Staff Member should stay home

**Quarantine**  
Without a test, a dancer or staff member must stay home for minimum of 10 days since symptoms first appeared AND fever free for 24 hours without fever-reducing medications AND symptoms have improved OR if asymptomatic for 72 hours.

**Get Tested**  
Get tested to confirm if you are positive for Covid-19

**Positive**  
Dancer or Staff Member tested positive for Covid-19

**Negative**  
Dancer or Staff Member was tested for Covid-19 & had a Negative test result a minimum of 72 hours after possible exposure

**Return to Energize!**  
After 3 days of no symptoms and/or a negative test result, dancer or staff member can return to in-studio classes as long as they are wearing a mask for all classes for the rest of their 10 days after possible exposure

**Contact Info**  
941-313-2447  
energizedancesrq@gmail.com

**Positive Test**  
Dancer or Staff Member has tested positive for Covid-19

**Positive**  
Dancer or Staff Member tested positive for Covid-19

**Contact Us**  
See Contact info below

**Quarantine**  
See Below Requirements

**YOU MAY RETURN WHEN...**

**If Positive Diagnosis WITH SYMPTOMS**  
Quarantine at least 10 days since symptoms first appeared AND At least 24 hours with no fever without fever-reducing medication AND Symptoms have improved

**If Positive Diagnosis WITHOUT SYMPTOMS**  
10 days have passed since the positive test IF dancer or staff member never experienced symptoms. If symptoms appear, refer to symptomatic protocol above.

**Communication Regarding a Positive Test**  
Energize will notify by email the dancers/faculty member(s) who were present and potentially exposed to a confirmed positive dancer/faculty member as soon as possible but no longer than 12 hours after we have been notified. Due to HIPAA privacy laws, we will not share the dancer's/teacher's name or any identifying details. We will conduct an immediate thorough sanitization of the studio and any common areas where this dancer or staff member could have been. This cleaning will be in addition to the enhanced sanitation practices that already precede and follow each class. Any additional issues will be handled on a case-by-case basis such as dancer/faculty quarantine, class cancellations or converting class to virtual.

**Exposure**  
Dancer or Staff Member may have been exposed to Covid-19 by a close contact. This person has been tested for Covid-19 and is awaiting results

**Quarantine**  
Dancer or Staff Member should be kept home & monitored for signs/symptoms while awaiting Covid-19 test results if they were in close contact with a person who is awaiting Covid-19 test results

**If Symptomatic**  
Quarantine and see below for requirements

**Get Tested**  
After 72 hours post exposure, get tested to confirm if you are positive for Covid-19

**If Asymptomatic**  
Dancer or Staff Member continues to show no symptoms after 72 hours after possible exposure

**Positive**  
Dancer or Staff Member tested positive for Covid-19

**Negative**  
Dancer or Staff Member tested positive for Covid-19

**Return to Energize!**  
After 3 days of no symptoms and/or a negative test result, dancer or staff member can return to in-studio classes as long as they are wearing a mask for all classes for the rest of their 10 days after possible exposure

**PLEASE NOTE:**  
Please do not attend in-person classes if you are placed under quarantine for any reason. This includes but is not limited to a quarantine recommended by/ from your school/class, sporting activity, religious community, and/or a physician's recommendation. Please stay home until your quarantine is lifted by the appropriate authority and you've met the criteria outlined in this chart for safely returning to Energize.

\*A close contact is defined as someone who lives in your household or someone you with whom you have spent an extended amount of time in close contact.  
\*\*These guidelines are subject to change.