

Translation German to English:

Recommended action of the German Professional Association for Dance Pedagogy for the gradual opening of dance and ballet schools on May 11, 2020

For the transition period until the complete lifting of social distancing, the DBfT (German Professional Association for Dance Pedagogy) and ta.med (German Non-profit Association for Dance Medicine) recommend the following procedures:

Distance rules:

- 2m (6.5 Feet) distance or 4m² (43 square feet) per student (markings on the floor) This is for the studios and all other areas of the building. Number of students per room based on official regulations.
- Changing rooms and showers should not be used in the dance school.
- No hands-on corrections.
- Exercises should not include movements that move a lot and are very dynamic (minimization of air turbulence in the room).
- Cardio exercises that cause heavy and deep breathing are to be avoided.
- The lessons have to be shortened or staggered in such a way that there are no encounters when the students exit or enter the room or the lobby.

Hygiene rules:

- Hands must be washed and disinfected upon arrival and when leaving the school premises (disinfection dispenser at the entrance).
- The barres and door handles are to be cleaned after each lesson.
- The studios must be aired after each lesson.
- Only your own training equipment is to be used (mats, Theraband etc.)
- Increased hygiene and cleaning maintenance in the Restrooms.
- Wearing face masks is based on the regulations of each federal state or local authority district.

Special rules:

- People belonging to a risk group cannot participate during this transition period.
- The age approval for dance classes is only given from the age of ten (based on the recommendation of the Leopoldina community research and the demands of the GEW teachers union - "effective protection for students and teachers").
 - For elementary school students under 10 years: as soon as the public elementary schools open again.

- For children from 3-5 years old: as soon as the daycare centers open again.
- Lounge and waiting rooms areas are blocked for everyone.

These transitional rules mean that social contact will only be possible to a limited extent. Especially on the event of a longer transitional period, it is of great importance to use facilities such as dance schools to give people the opportunity to move through artistic dance - which, among other things has a positive impact on our immune system- to offer as well as to create a psychological balance and to maintain social ties despite distance requirements.

The DBfT and ta.med would like to encourage the federal and state governments to keep an eye on ballet and dance schools as the existing restrictions are gradually lifted, as these make an important and valuable contribution to the physical and mental health of the population, particularly during this period in our country.