

DET ER MEST **KJÆRLIGHET** I  
Å **IKKE** KLEMME AKKURAT NÅ.

HUSK 1 METER OMSORG!



STEPS

### INFECTION PREVENTION AT STEPS DANSESTUDIO

We abide by the guidelines published by FHI, and the Norwegian government.

- If you are sick or showing slight symptoms of respiratory infection you must **NOT** come to Steps.
- If you have travelled abroad you must follow the governments quarantine restrictions.
- Wash your hands well with soap and water before coming to Steps.
- Wash your hands / use disinfectant when you arrive at Steps.
- Always maintain a 1 metre distance to other people.  
Stay in the «right lane» when walking indoors, to avoid close encounters.
- The changing rooms at Steps are closed, and cannot be used.
- Switch to indoor shoes when you arrive at Steps.
- Bring your own water bottle.  
(Does not apply to children's classes from 4 years - 4th grade.)
- Arrive precisely at the time scheduled for your dance group.  
**Do not arrive early, and do not linger in the building after class.**
- Parents that are waiting for their children can no longer do so inside the building.
- **Steps is now a «hug-free zone» (... but not a love-free zone!).**

### MEASURES TO PREVENT INFECTION COMPLETED BY STEPS DANSESTUDIO, FALL 2020

#### Reduced crowds and contact points:

- Maximum 20 people per group.
- Groups with students over the age of 19 must maintain a 1 metre distance throughout the dance class, and the studio floor is marked with red tape for this purpose.
- Dance classes in studios opposite each other have different starting and ending times.
- Two new, temporary dance studios on the 3rd floor (!)  
Studio 6 & 7 with their own entrance / exit.
- New separate entrance / exit to studios 2 & 3.
- The main entrance will only be used for studio 1, 4 & 5.
- Parents can no longer wait inside the building.

## Clear information and training:

- All of our teachers and assistants are trained in infection prevention before teaching.
- There is always a supervisor present when students are in the building, to ensure that the measures for infection prevention are followed.
- Our measures for infection prevention are made visible via information posters.
- Information regarding infection prevention at Steps is sent to students, and parents, in both English and Norwegian, before the semester begins.

## Extra cleaning routines

- We have scheduled 10 minutes for cleaning the dance studios, between each class.
- Toilets and sinks are cleaned several times a day.
- Soap, paper and disinfectant is always easily accessible in the building.
- All contact surfaces are cleaned regularly during opening hours.

