

INSTITUTE FOR DUNHAM TECHNIQUE CERTIFICATION
2022 DUNHAM TECHNIQUE CONFERENCE
COVID PROTOCOL

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To all **Dunham Technique Conference** participants:

You are receiving this because you will be in attendance as a dancer, drummer, supporter or guest at some or all of the 2022 Dunham Technique Intensive. This email contains COVID information for all participants. Please read the entire document. You will need to agree to this protocol, in order to come to any part of the conference.

STATEMENT OF COMMUNITY TRUST

This year, after two years of cancellation, we are extra delighted to be gathering in-person! Because of COVID, it is a huge act of collective trust that will bring us together from our corners of the planet. Although many of us have not met each other in-person, we come together as family. Within this family are elders, immunocompromised people, people with pre-existing conditions, etc...

With love and respect for all, we ask each participant to commit to adhering to the guidelines that we have created. This commitment is the foundation of trust and care for

the community that will support the well-being of each individual. With self-examination and discernment at the core of Dunham Technique, we ask for all participants to be honest and diligent in protecting themselves and others. We recognize that this may be inconvenient and perhaps uncomfortable. However, our collective actions will have a direct impact on the success of our conference. Although our guidelines may feel stringent to some, we have carefully thought through a myriad of possibilities and as we see it, the only way to ensure that we have an amazing conference, is to prevent a COVID outbreak. Each one of us must play our part to keep the collective safe.

As we prepare to travel, it is crucial that we all commit to creating COVID safety.

We are all pandemic-weary, however if each one of us begins our extra vigilance well before we leave home, we can ensure that no one brings COVID with them. Once there, we have worked diligently to create a pod situation on the campus that will be as closed as possible.

If you feel resistance or frustration about our protocols, we invite you to ask yourself, “What if...” As our COVID Committee began to explore scenarios that involved a COVID outbreak at the Conference, the imperative to avoid this made all precautions seem well worth it!

PRE-ARRIVAL PROTOCOLS

VACCINATION

- **All participants must be fully vaccinated in accordance with the approved vaccines by the World Health Organization (WHO) and the Center for Disease Control and Prevention (CDC).**
- Fully vaccinated for COVID-19 is defined as 2 or more weeks after receiving a 2-dose vaccine (e.g., Pfizer-BioNTech or Moderna), or a single-dose vaccine (e.g., Johnson and Johnson [J&J]/Janssen). This is the primary series.
 - You are up to date with your COVID-19 vaccine when you have received all doses in the primary series
 - We recommend booster or boosters depending on age, health status, what vaccine first received, and when first vaccinated.
- Submission of proof of vaccination is required. Please upload it [here](#).
 - Acceptable proof includes a photo of a CDC vaccine card or screenshot of a document that is acceptable as verification in your state or country of residence.
- International dancers will follow all requirements to enter the U.S. from your country of residence.

TESTING

- All participants will submit **two pre-arrival test** results. Details below.
- All participants will re-test three and five days after their arrival.

- All participants will agree to test when requested.
- Negative results from each test will need to be supplied to IDTC.
 - A picture of your negative test is fine
 - The links to send results are next to instructions for each test.
- Here is the link for free tests for US citizens - <https://special.usps.com/testkits>
- This expense will be incurred by the individual - [purchase an at home covid-19 test kit on Amazon](#). This is not necessarily the best price.

GOOD FAITH QUARANTINE

- Attendees must participate in a conscious quarantine for 5 days before traveling to the Conference.
- The **Good Faith Quarantine** will begin with a **COVID rapid test or PCR test**, 5 days before travel. Please [upload](#) your Pre-Quarantine test result to this form.
- Because travel length is different for each person, please make a note on your calendar so that you know when your **Good Faith Quarantine** begins.
- This includes staying at home, when possible, and conscientious mask wearing when in public or indoors, especially avoiding situations that require de-masking, such as eating at a gathering.
- Of course, many of you will need to work during your **Good Faith Quarantine**.
 - If so, we ask that you mask (see mask specifications below) during this time and social distance as much as possible.
 - Ask your coworkers to help you and to be part of the solution.
 - Avoid any social and eating situations.
- Include your family in this act of trust to protect the conference
- Exceptions may include necessary trips for food, doctor appointments, etc; all of which should be completed while wearing a well-fitting mask, and social distancing of 6 feet or more.
- Public transportation, indoor/outdoor dining, crowded workplaces, and crowded spaces should be avoided.
- **COVID Test Prior to Travel:** A **COVID rapid test** will need to be taken after your **Good Faith Quarantine** and before departure to the Conference. Please [upload your Pre-Travel test result to this form](#)
- Any one with a positive test result will not be admitted to the program. If you test positive, do not travel.

GOOD FAITH QUARANTINE CHECKLIST

- Based on your travel plans, count back to five days before your trip.
- **On that day, take a COVID rapid test** and send us the result
- Practice your **Good Faith Quarantine** for five days as explained above
 - Think through the details beforehand

- Explain to your family that they too are part of this extended family
- The day before you travel **take a COVID rapid test** and send us the result
 - If this test is positive **DO NOT TRAVEL**

TRAVEL PROTOCOLS

- We ask that everyone wear a mask (or double mask!) while traveling and practice extra COVID caution.
 - Mask specifics appear below
- **There are no mask mandates at airports and few people are wearing masks while traveling. The success of this Conference depends on each one of us vigilantly following protocols to protect ourselves and others.**

ARRIVAL DAY PROTOCOLS

- This will be our **most risky** time period
- Despite our great excitement to see each other, it is crucial that we maintain our COVID protocols.
- We will avoid hugging and close contact! We can hug our own shoulders, place our hands on our hearts, do a happy dance, or ALL THREE!!
- After we all test negative, those who feel comfortable can hug!

CONFERENCE PROTOCOLS

- **Testing during the conference:**
 - Bring a supply of quick tests
 - Not including your pre-arrival tests, please bring at least two for each week you will be in Indiana. We advise bringing more if you can.
 - If you live in the US, you can get free test through this link
 - <https://special.usps.com/testkits>
 - Each person will test as requested, but in the event of a positive test within our group, we need to be prepared to test more frequently
 - In case of an emergency, we will have a limited number of tests for sale.
- **Masks:**
 - **Medical grade masks (KN95, N95, or KF94) must be worn during all classes and indoor activities, and during any outings outside of the IDTC Conference (errand runs, etc.). Only these medical grade masks will be accepted.**
 - Masks must be worn properly, covering both the nose and mouth.

- In the event that the entire pod consistently tests negative, we may or may not decide to lift the mask mandate at some point.
 - This may not be possible because of staggered arrival times, so please be prepared to mask the entire time.
- This means that until all have tested negative at least five days after arrival, we will need to mask in the dorms, unless you have a single room.
- **Dorms and housing:**
 - Dorms
 - For those with roommates, the rooms are L shaped and you can sleep at opposite ends of the L.
 - Discuss the issue with your roommate and come to a mutual decision
 - For example, some may prefer to sleep masked until both have tested negative.
 - We ask that you consider the health of the collective when you make your choices to mask and unmask in your room.
 - Off-Campus (we discourage this):
 - In order to keep the pod safe, we ask that on-campus participants stay on campus.
 - Of course, exceptions will be made for emergencies.
 - We will establish a convenient drop-off location for those in need of having something delivered to the campus (contact-less delivery)
 - For those staying off campus :
 - We ask that you follow the same protocols as the dorms.
 - Minimize your exposure to people off-campus
 - **Anyone having regular contact with persons outside of our pod must test daily. (Those traveling with their families, for instance)**
 - **If you need to test daily, you only have to inform the Covid Coordinator in case of a positive test result.**
 - **If you test positive, do not come to campus. Isolate in place.**
- **Meals:**
 - We will all stay masked while getting our food.
 - As much as possible we will eat outside. Indoors, we will maintain distance while eating until we have all tested negative.

- All participants are asked to be mindful of how they are feeling daily and communicate with the COVID Coordinator to determine the best steps if they are not feeling well.
- All participants will be informed when testing is required.
- Frequent hand washing/sanitizing, and frequently sanitizing surfaces touched and personal items throughout the duration of your stay is recommended.
- IDTC will engage in regular sanitation of high touch areas, such as barres, equipment, doorknobs, and IDTC will supply residents with adequate cleaning products (e.g., sanitizer, disinfecting wipes) to disinfect the common spaces.

IF SOMEONE TESTS POSITIVE AND/OR SHOWS SYMPTOMS

- In the event of a confirmed case of COVID that person will quarantine according to CDC guidelines.
 - Provided you are asymptomatic or feeling up to participating by zoom, as much as is possible we will work to keep you connected to your classes.
 - We cannot provide refunds. This is yet another reason why everyone must be diligent.
- In the unlikely event that multiple people test positive, IDTC reserves the right to take action to prevent further outbreak. This could include:
 - Quarantine and testing for all
 - Zoom for all
 - Cancellation of classes
- All communication regarding testing results and signs and symptoms will route through the COVID Coordinator first and will be disseminated to the appropriate staff thereafter.
- If a participant shows symptoms, they are asked to notify the COVID Coordinator and self-isolate until arrangements can be made to administer a covid test. In the event of a positive covid test, they will begin quarantine immediately.
 - If you are residing in the dorms, you will be placed in a quarantine assigned room. The delivery of food and other necessities will be coordinated by IDTC.
 - If you are residing off campus, do not return to campus and self-isolate
- If a participant tests positive for COVID-19 and is asymptomatic, they are asked to notify the COVID Coordinator and self-isolate until arrangements are made for a double verification PCR test to further confirm the positive result.
- If there is a confirmed case of COVID the collective will immediately identify those who had a close contact interaction with the individual who tested positive.
 - Each of us agrees to be forthcoming about such contact.
 - Close Contact through proximity and duration of exposure: Someone who was less than 6 feet away from the infected person (laboratory-confirmed

or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period (for example, *three individual 5-minute exposures for a total of 15 minutes*).

- An infected person can spread COVID starting from 2 days before they have any symptoms (or, for asymptomatic people, 2 days before the positive specimen collection date) until they meet the criteria for ending isolation.
- Individuals who have had close contact with the infected person will go into onsite quarantine, if asked to do so by IDTC, until further assessment can be completed and appropriate testing results are available.
- In the event of a negative test result from the double verification PCR test, the individuals affected can end their quarantine and rejoin the group.

CHANGES TO COVID PROTOCOLS

- It is understood that COVID-19 protocols may change as regulations by the CDC shift, and as we receive new information.
- Should a change to the protocol be enacted after it has been introduced everyone will receive an email from the COVID Coordinator detailing the change.

CLEANING PROCEDURES

- Studio Cleaning: Dancers will be assigned to assist with daily maintenance. Other surfaces such as door handles, railings, bars, drinking fountain, etc will be wiped twice a day.
- Dorm Cleaning: Participants bedrooms will not be entered or cleaned once you take occupancy. Everyone will be responsible for wiping down all bathroom surfaces after each use.

[By signing the IDTC Conference Covid Test Form - 2022](#), I understand that participation in the Dunham Technique Conference, including classes and housing, is voluntary. Any risk, harm, injury, illness, or disastrous event is the sole liability of the undersigned. I agree to follow all protocols listed above to the best of my ability and immediately notify an official of IDTC of any issues that may occur.
