

PINEAPPLE DANCE
DAILY HEALTH QUESTIONNAIRE POLICY
(Updated April 2021)

Thank you for helping to keep our community safe and healthy by reviewing this health checklist everyday (you do not need to complete any forms). Before sending your child to Pineapple (or attending a dance class yourself), you must be able to answer “no” to the following three questions. Please note that sending your child, or attending a class yourself, indicates your consent to abide by the COVID-19 restrictions outlined below and that the student meets the criteria to attend that day. Please read carefully and sign this form.

1. Does the person attending class have any of the following symptoms of COVID-19?

- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- Fatigue in combination with other symptoms
- Fever of 99.0 F or higher, chills, or shaking chills
- Headache (in combination with other symptoms)
- Muscle aches or body aches (not due to strenuous exercise)
- Nasal congestion or runny nose (not due to other known causes, such as allergies and when in combination with other symptoms)
- Nausea, vomiting, or diarrhea
- New loss of taste or smell
- Sore throat

2. Have you recently been in "close contact" with anyone who has COVID-19?

Close Contact is defined as being closer than 6 feet away from an individual who tests positive for COVID-19 for at least fifteen minutes. The infectious period begins 2 days prior to symptom onset. If someone is asymptomatic, the infectious period is considered to begin 2 days prior to the collection of their positive test.

3. Are you experiencing sneezing, sniffing, or coughing due to allergies that require you to remove your mask frequently to blow your nose? (if symptoms are mild enough to keep your mask on, please inform your instructor at the beginning of class)

IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS THE STUDENT MUST STAY HOME, and send an email letting us know of the student's condition. Current guidance recommends obtaining a test for COVID-19 if you answered yes to either question number 1 or 2. Currently, UMass Amherst offers free testing. Visit <https://www.umass.edu/coronavirus/communitycovidtest> for more information.

If the instructor is concerned that a student seems sick and exhibits symptoms (not from allergies), we will contact a parent and ask for them to be taken home.

4. Have you recently traveled outside of Massachusetts for more than 24 hours?

As of March 22, 2021 the Massachusetts travel order has been changed to an advisory. Anyone who has traveled outside of Massachusetts for more than 24 hours is advised, but not required, to quarantine for 10 days. Visit <https://www.mass.gov/info-details/covid-19-travel-advisory> for more information.

Participant Name: _____

Signature: _____ Date: _____
(Parent/Guardian if participant is under 18 years old)