



JOSÉ LIMÓN DANCE FOUNDATION, INC.

Everett Center for the Performing Arts
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COVID-19 Building Safety Protocols Limón Institute

Updated information highlighted in yellow

as of January 19th, 2022

These protocols apply to all trainees, staff, the Directors, and any guest artists who share the same schedule and space as the trainees, for as long as they are with the Institute.

VACCINATION RECORDS: (BEFORE ARRIVAL)

Everyone entering the building must be fully vaccinated against Covid-19. Our definition of fully vaccinated includes boosters as recommended by the CDC and as eligible within New York State. Vaccination records must be uploaded using [this link](#). Updated records (after an additional dose) should be uploaded using the same link. (<https://www.jotform.com/211096752393055>)

Our full Vaccination Policy is available upon request.

PCR NEGATIVE TEST RECORDS: (BEFORE ARRIVAL - TIME SENSITIVE)

Everyone entering the building must provide a negative PCR nasal swab test, administered by a trained medical professional before entering. The test must have been taken within 72 hours (3 days) before your first day in the studio and must have been taken in NYC, after any travel outside of the Tri-State area. For instance, if your first trip to the studio is February 7th, please take a PCR test on Friday, February 4th in order to receive your results back in time to join us for classes. All test results must be uploaded using [this link](#) (*No texts with results will be accepted*). Tests must include the date when your test was taken and your full name.

TESTING PROCEDURES:

The Foundation will provide weekly rapid testing on Wednesdays for all regular participants of LimónLaunch and Limón2. Dancers must upload their results on **Wednesday mornings (only)** before commuting to the studios. If results are not provided within these parameters, you will not be able to enter the building.

OTHER TESTING:

If a program participant travels out of the Tri-State area, independent of a Foundation obligation, they must provide their own testing as deemed appropriate by CDC guidelines, and / or federal, state and local advisories in the places traveled to or from. This includes a test 3 - 5 days after returning home.

General guidance surrounding testing and travel can be found at [this link](#).

DAILY PROCEDURES:

HEALTHCHECK APP: All participants must submit a daily, self-screening questionnaire through the HealthCheck App (available on iOS and Android, as well as through a desktop: <https://healthcheck.stratumhealth.io/#/sign-up>)

- Create your free account - There's a download link for the app on this page: <https://www.stratumhealth.io/>
- Add Limón as a facility using the following code [**w#|>%!b.**]
- Your "Passport" (QR code produced by the app) will be validated upon arrival, those who are safe to enter the building will gain access.
 - A user guide is provided with this document for your reference.
- PLEASE BE HONEST AND ANSWER ALL QUESTIONS WITH CARE - PERSONAL RESPONSIBILITY IS, SAYS THE SCIENCE, THE FIRST AND BEST WAY TO PREVENT.

TEMPERATURE: Your temperature will be taken upon arrival. Anyone with a temperature of 100.4 degrees or above will not be allowed to enter. The HealthCheck App will ask you to answer a question about your temperature - please invest in a thermometer and take your temperature every morning, so you can answer this question truthfully.

MASKS: Masks must be worn at all times over both the nose and the mouth, regardless of vaccination status. Masks provide significant protections against current variants. Masks with valves or simple cloth designs are not acceptable. Examples of acceptable masks include: KN-95, KF-94, N95, or other international equivalent. If you do not have one, one will be provided for you and must be worn while in the building.

The José Limón Dance Foundation is dedicated to keeping our community safe, and ensuring compliance with all federal, state, and city regulations / guidelines.

Thank you for respecting these protocols.

LIMÓN INSTITUTE TESTING GUIDELINES

GENERAL DEFINITIONS:

Day 0 is either the onset of symptoms or the date of a sample which returned positive.

Two examples:

1 - If one has a sore throat on Monday, gets a headache and a test on Tuesday, and has the results returned on Wednesday, Day 0 is Monday.

2 - If one has no symptoms but has a screening test on Tuesday, with results returned on Wednesday, Day 0 is Tuesday.

Abating Symptoms means that you have been fever-free for 24 hours without use of medication, and that other symptoms have been resolving (getting better). Stagnant symptoms are not considered resolving (an exception being loss of taste and smell, which may last far longer than one's infectious period).

Symptoms:

Sore Throat

Headaches

Fever

Congestion

Dry Cough/Shortness of Breath

Excessive Exhaustion

Brain Fog

CONTINGENCY PLANS:

If you have a symptom:

Please do not come into the studio. Even if it's just one symptom. Go get tested as able. Two days of testing are required for re-entry. Earliest possible day of return is Day 1. Day 0 is the onset of symptoms (see definitions).

If you are sick you should rest. Covid is not the only illness one can contract

If there a positive case:

Individual who tests positive is:

Symptomatic: Individual must isolate for a minimum of 5 days. Day 0 is the onset of symptoms (see definitions). On Day 5 an individual may start taking rapid tests to determine current infectious status. Two days of negative tests in a row plus abating symptoms are required for re-entry. Earliest possible day of return is day 7.

Asymptomatic: Individual must quarantine for a minimum of 5 days. Day 0 is the date of one's test. On Day 5 an individual may start testing to determine current infectious status. Two days of negative tests in a row are required for re-entry. Earliest possible day of return is day 6. If an individual is asymptomatic

at time of test, but develops symptoms during quarantine, the count will restart with Day 0 as the onset of symptoms.

Given that those who contract Covid-19 may test positive for up to 90 days after initial infection, all individuals may re-enter the space on day 11 if they have abating symptoms, even if they are still testing positive. Anyone who has contracted Covid-19 between Nov 1, 2021 - Feb 1, 2022 must submit a Dr's note verifying that this is the cause of the positive test, along with the date of infection in order to enter the studios with a positive test result.

Please note: Tests for re-entry will not be provided by the Foundation. Any testing required outside of the regular schedule must be individually sourced. Visit [this site](#) for helpful information about testing sites, many of which will not require proof of insurance. Required testing is an **at-home rapid antigen test**. Outside testing must be at least the same type / procedure as required for weekly testing, but can be more thorough types of testing. Please also get your free rapid tests provided by the government, if you are eligible! [Free Rapid Tests!](#)

If there is an exposure:

If an in-studio exposure: (1 of us tests positive)

Programming at large may still proceed with an in-person schedule, relying on the protocols in place, and the individual will follow protocols for testing positive.

If an out-of-studio exposure: (1 of our roommates / partners / etc. tests positive)

Trainee / Teacher / Staff, etc. exposed will isolate per CDC guidelines.

Programming at large will be notified if there is a secondary exposure, but may still proceed with an in-person schedule.