

Ballet North Texas Health and Safety Policy

EVERYONE will be asked to agree to the following before they enter the Ballet North Texas dance studios.

COVID-19 protocol for Ballet North Texas facilities:

- Masks are at the student/staff/patron's discretion
- Please practice social distancing while in BNT facilities
- I have not had contact with and/or taking care of persons who has tested positive for COVID19
- I have not had any of the following symptoms in the past 14 days including:
 - Fever greater than 100F
 - Difficulty Breathing
 - Coughing

(If you are sick do not come into the studios or attend a performance; Contact your primary care provider.)

Ballet North Texas places the highest priority on the health and safety of our patrons, dancers, and staff. We are thrilled to welcome back live audiences! Masks are at the discretion of theatre patrons and/or subject to theatre rules. Please bring your own masks if required. **Any ticket holder who does not comply with any COVID-19 related health protocol may be asked to leave the theater, and their ticket will not be refunded.**

BALLET NORTH TEXAS reserves the right to change or amend the health policy for its studios and performances in the future.

Dance Injury Prevention

- Eat well and stay hydrated before, during and after class.
- Get enough rest and avoid overtraining.
- Do cross-training exercises to build strength and endurance in all parts of your body.
- Always wear proper shoes and attire.
- Always warm-up before training or performances.