



## **\*\*A Message About Our COVID-19 Policies\*\***

In mid-September of 2020, after closing for 6 months due to the COVID-19 pandemic, The Sellam Circus School moved forward with a phased re-opening. Over the past year, we have focused on offering streamlined training options (Professional Circus Arts Training (PCAT) and select private lessons) with heightened, sustained COVID protocol in place, in order to ensure the safety of our students and our circus community as much as possible. The protocol we implemented was strict, as compared to others in the fitness industry, but proved to be instrumental in protecting our students and community. We continue to closely follow the Maine State-mandated guidelines and recommendations for safety protocol, as well as the evolving cautionary measures put in place by our colleagues in the circus, and we ask that you take time to read our in-studio COVID-19 policies.

We ask that you acknowledge the receipt of these new policies with your signature; please turn in the signed page to Sellam El Ouahabi before the start of your first training session.

Please keep in mind that as this virus mutates, so must our protocol change and evolve. Your safety and enjoyment of the classes we offer is our first priority.

We are grateful to our students and community for sharing in the responsibility of ensuring health, peace of mind, and freedom to focus on training within our studio. Without your commitment and vigilance, we would not be able to survive this difficult time.

**Thank you, friends - we look forward to circus-ing on with you!**



## In-Studio COVID-19 Protocol

At The Sellam Circus School, we are taking precautions in order to reduce:

- Risk of exposure to the virus due to close physical proximity during exercise activities, and shared air source
- Increased risk during intense and sustained physical contact whether purposeful or accidental.
- Projection of respiratory particles during cardiovascular activities (panting), yelling or shouting, or common sneezing or coughing. This increase in respiration expulsion of droplets can well exceed the typical physical distancing recommendation of 6 feet between individuals.

Face coverings and social distancing are currently recommended for both vaccinated and unvaccinated individuals, in order to reduce the risk of viral transmission in public and indoor areas, by the State of Maine and the Maine CDC. Given that the nature of our programming happens inside, and in comparatively close proximity for prolonged periods of time, The Sellam Circus School requires students to be **either fully vaccinated, or to double-mask at all times in the studio.** (Please note that The Sellam Circus School requires ALL students attending our PCAT and week-long Intensive Training Programs to be fully vaccinated.) Students participating in our Weekend Workshop series, private lessons, and any other recreational classes are required to either:

- Be fully vaccinated within two weeks of the start of a class for which they have registered, and
- Provide proof of vaccination prior to arriving for their first class, via e-mail, and
- Wear a single-layer mask at all times within TSCS studio (except when eating or drinking.)

- OR -

- Double-mask with TSCS approved masks at all times within studio if unvaccinated (except when eating or drinking), and
- Provide negative PCR COVID-19 test results, via email, prior to each class session, and administered within 48 hours of the class.

We recommend that you be prepared to spend your first workshop session, or first week of PCAT/Intensive Training Program, getting used to training with a mask and building a level of comfort and familiarity with this new requirement.

Following are the General Guidelines we will be employing, as informed by recommendations from the State of Maine, CDC, and current standards in circus organizations nationwide. The Sellam Circus School:

1. Requires all staff, vendors, and patrons to maintain 6 feet of physical distance from individuals who are not part of their household group whenever possible – such as standing in line for a class activity (tumbling, mini-tramp, etc), or taking a water/snack break. Students must maintain 10 feet of distance between practice areas (for instance, a student practicing on trapeze must be given a 10-foot radius of social distance by other students.)
2. Requires all staff, vendors, and patrons to wear a face covering (single mask if vaccinated; double mask if unvaccinated) when in the studio. *Because staff and students are in an enclosed, unventilated space for a prolonged period, it is necessary to wear face coverings at all times - even when physically distanced.*
  - a. Face coverings do not need to be worn while an individual is eating or drinking.
  - b. Additional information about proper use of face coverings is available from the CDC (see: [Use of Cloth Face Coverings to Help Slow the Spread of COVID-19](#)).
  - c. Face coverings may inhibit respiration during exercise; students should be prepared to acclimate to this new requirement, and take caution while building stamina.
3. **\*\*Please note that because our studio is unventilated, the number of students allowed in The Sellam Circus School Studio at any given time will be much lower than any State mandated limit – our current working limit will be 10 students at a time and 2 coaches at any given time, with a maximum of 15 individuals present in the studio.)**
4. **Full vaccination, maintaining physical distance, wearing face coverings, and limiting the duration of exposure** are the primary tools to avoid serious health consequences, and/or the transmission of respiratory droplets between individuals.

In addition to the State of Maine mandated and/or recommended COVID-19 safety protocol, we are implementing our own requirements that are based upon the best practices of fellow circus studios:

- Only those who are pre-scheduled to be in the studio may enter the studio (i.e., enrolled PCAT students, Intensive Training Program, Weekend Workshop, and Private Lesson participants.) **Individuals who are not scheduled for training time in the studio will NOT be admitted.** This means that if friends or parents are dropping you off, they must remain in the lobby. They are welcome to observe practice through the window, but unfortunately, we must limit any exposure to new people within the studio.
- Upon arrival, you must be wearing a single- or double-layer, clean, fitted face mask that hooks behind the ears (not tied around the head or 'gator' style) – please have your mask on before entering the studio. We recommend purchasing masks from our friends at Hyperlite; these are affordable, well-tailored, comfortable masks and we encourage each of you to also buy back-up masks that feel good to you. Keep in mind that the CDC recommends at least a 2-layer mask design; you may need to try a few different styles to find what works for you. Another great option is manufactured by DeWalt – these masks fit snugly to the face, are multi-layered, and allow ease of breathing.

- We will have a sanitizer station set up near the door, where you will be expected to sanitize your hands upon entry.
- While sanitizing, and upon entry to the studio, you will be “checked in” – this will entail being asked if you have been experiencing any symptoms related to COVID-19, have had possible exposure to others with COVID-19, and having a quick temperature read. Keep in mind that we will not be able to admit you to the studio if you:
  - Are sick or showing any identifiable symptoms of COVID-19
  - Have been in close contact with a known COVID-19 case within the last 14 days
  - Have a body temperature of 100 degrees or higher
  - Have not, or will not, complete the COVID-19 Assumption of Risk Form (Waiver)
  - Are not aware of, or willing to follow, our safety policies
  - Are not wearing a clean, cloth mask
  - Have not completed any required quarantine or follow-up testing after exposure to, or recovery from, COVID-19
  - **Have not received a negative COVID test result prior to training start. (FREE testing can be obtained at various locations throughout Maine; please visit <https://www.maine.gov/covid19/testing> for a complete list of free testing sites. In particular, Maine has an ongoing partnership with Walgreens, through which Walgreens provides drive-through, rapid testing.)**
- Please be sure to carry any training items, as well as personal/clothing items, in a bag that goes with you to your training area, and leaves with you at the end of the day. Unfortunately, we must ask that no one leave personal items in the studio overnight until further notice.
- Observe 6+ feet of social distance between people at all times. We know this is going to feel strange at first, and it will be especially hard not to hug or console each other – but this is very important to the safety of our studio – and especially, to any students under the age of 12.
- Observe 10+ feet of social distance between people in training areas.
- Equipment should either belong to the student, or be assigned to the student by The Sellam School for their time in studio. ALL equipment must be sanitized prior to, and following, training session. Hands must be washed and/or sanitized prior to touching rigging.
- Specific protocol for sanitization and maintenance of various equipment will be provided and must be followed.

Please remember that as the virus changes, so must we – so this list of requirements may change and evolve at any time. As we move forward through the year, we will look for opportunities to add more opportunities for low-enrollment, socially-distanced recreational classes and workshops. The more we can help each other to be safe and succeed in the fight against this virus, the faster we can increase our class offerings!

Please complete the following information to the best of your ability, and sign. You may scan and return to [info@thesellamcircus.com](mailto:info@thesellamcircus.com), or hand to Sellam El Ouahabi in person. You may also send via snail mail to the below address – but keep in mind that forms must be received prior to your first class attendance:

**The Sellam Circus School**  
**40 Main Street, Bldg. 13, Suite 135**  
**Biddeford, ME 04005.**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Month   Day   Year

Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_

I, \_\_\_\_\_, hereby acknowledge receipt of The Sellam Circus School's 2021-2022 COVID-19 Safety Protocol Policies, and agree to adhere to the Policies to the best of my ability.

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Date Of Signature: \_\_\_\_/\_\_\_\_/\_\_\_\_

Month   Day   Year