

Vaccine Protocols

Important Note: Information on vaccines and their efficacy are still evolving as we learn more about the virus and its treatments. The information and advice provided herein is subject to change. We recommend visiting <https://www.cdc.gov/vaccines/hcp/vis/index.html> for all the latest on COVID-19 vaccines.

1. **Mask Exemption for Vaccinated Persons** – If I am vaccinated, do I still have to wear a mask?

Yes. However, there are some situations where you could qualify for an exemption.

If you would like to apply for a mask exemption – space use that does not require a mask – you would need to complete [this survey](#). Once complete and approved, the screening questionnaire and the temperature check would no longer be necessary.

For renters: To use the space WITHOUT a mask requires 100% of the persons using a studio to be fully vaccinated for at least two weeks. Additionally, masks are required, at all times, when in common areas (even if you are vaccinated) until further notice.

For PMT classes: Until the decision to lift mask mandates is made by the State, students in our classes will be required to wear face coverings until further notice. However, in accordance with the emerging science and CDC recommendations, we would waive the mask mandate ONLY in the following circumstance:

- A. If everyone in the room is fully vaccinated for at least 2 weeks.
- B. Everyone has provided written consent prior to the class.
- C. There is NO group or persons (unvaccinated) entering the studio after the class. This is to avoid viral load that might be suspended in the air and infect an unvaccinated person entering the room after. However, early studies do indicate that the risk of a vaccinated person infecting a non-vaccinated person with COVID-19 is exceptionally low. That being said, the science is very new and needs further study. So, this policy will be in place out of an abundance of caution.

No mask exemptions will be given without express written consent from Pavan Thimmaiah or Mica Butnar. All exemption requests must be made at least 12 hours prior to your arrival and may take up to 72 hours to approve. Do not assume you can be mask-less because you are vaccinated. Written permission is required to do so.

Note that no students will be turned away for wearing a mask. If you are not comfortable taking the mask off, we will keep the mask mandate in place for the entire class. This is a process that will take time, and healing, before we can return to some normalcy. If you are immunocompromised, we recommend keeping your mask at all times. If possible, please opt to take classes online to reduce potential risk of asymptomatic spread.

2. What does it mean to be vaccinated?

It means you will be resistant to the effects of the virus and thus show manageable symptoms (meaning, you don't need to be hospitalized) to no symptoms. Vaccines provide the best known/available protection from COVID-19.

3. Can I spread COVID-19 if I am vaccinated?

Early studies are now indicating that the risk of spread from a vaccinated person to an unvaccinated person is exceptionally low. However, the studies are still in the early phases so we will continue to operate with an abundance of caution. Thus, face coverings are still required. Questionnaires and other mitigation efforts will also be required until further notice. (Note: See #1 for available exemptions to this).

4. How effective is COVID-19 against the various mutations?

Early studies show efficacy against the various mutations, although it is still unknown how effective the vaccines are to every mutation. For example, you may still get sick, but it might be as serious as a cold or flu. However, this is still being determined and there is no definitive answer on this, yet. Booster shots are being developed to help fight the onset of variations. However, the less the virus spreads, the less it can evolve and mutate. Vaccines have been proven to create 'dead-end hosts.' These are host where the virus cannot spread from or mutate.

5. What if everyone in a room is certified as having received one of the FDA approved vaccines?

Face coverings will still be required (as detailed herein) UNTIL studies conclude that the virus cannot be spread from a vaccinated person to an unvaccinated person (or we have achieved herd immunity). This is because the primary mode of transmission is via the air. Viral loads build up in a room exponentially when larger groups are unmasked and breathing heavily. Viral loads suspend and circulate through the air. This viral load could in turn circulate and infect someone else on the premises or saturate a surface with virus. To avoid this, face coverings will be required UNTIL it is concluded that the vaccine can prevent spread.

6. Do I have to get a vaccine?

No, you are not required to get a vaccine to dance at PMT. You should consult your doctor with questions and to ascertain any potential risks. Follow the CDC website to learn about updates surrounding vaccine efficacy, risk and term of effectiveness. You must make that decision yourself.

7. Should I tell you if I get a vaccine?

Yes. If you are vaccinated, please inform us, and provide proof instructed in #1 (see above). That information will allow us to plan our transition away from mask mandates, increase occupancy and plan for a more robust expansion. It will also allow you dance mask free!

We urge everyone to stay informed and stay in communication with us. Thank you!