



First and foremost, I hope you and your families are safe and well. The last few weeks have been unprecedented for all of us, to say the least.

I am writing this message to make all our families aware that K-Force Dance Academy will be closed for at least 30 days per the mandate from the Governor Northam's office. We hope that we can re-open as soon as it is safe for everyone and we will continually communicate any new information as soon as we can.

In the meantime, please continue to take the below steps as outlined by World Health Organization (WHO) to reduce the transmission of communicable diseases:

**Wash your hands frequently**

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

**Why?** Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

**Maintain social distancing**

Maintain at least 6 feet distance between yourself and anyone who is coughing or sneezing.

**Why?** When someone coughs or sneezes, they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing has the disease.

**Avoid touching eyes, nose and mouth**

**Why?** Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

**Practice respiratory hygiene**

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

**Why?** Droplets spread virus. By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and COVID-19.

**If you have fever, cough and difficulty breathing, seek medical care early**

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.

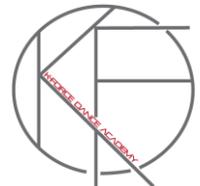
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## KFORCE DANCE ACADEMY

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**Why?** National and local authorities will have the most up to date information on the situation in your area. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

In addition, I would like to remind my K-Force families, having our kids stick to their routine (even with dance classes now at home) helps reduce anxiety. More than ever our dancers will need to get some exercise and physical activity. This is key to staying healthy and happy!

**Questions you may have:**

*What about the Recital?*

We are staying on top of the latest developments via mandates from the state of Virginia and will keep our families abreast of any changes that may come. As of now, all PWC schools are closed for the remainder of the school year, so it is unclear as to whether or not we will have a facility to host our annual recital. My goal is to try and find a venue to at least celebrate our year and our seniors, please check back for any updates about this possibility.

*What about costumes?*

Costume fees have been removed from accounts.

*What about competition teams and fees?*

I will address separately once I hear from our competitions/conventions that we are registered for.

Please email me any questions or ideas you may have. Please make sure you 'LIKE' and 'FOLLOW' K-Force on Social Media to stay updated on information and fun activities that your dancer can do virtually. I know if we stay positive and work together, we can ride this out and get our amazing lives back to normal.

Sincerely,

Kelly A. Sammon, Owner/Director

K-Force Dance Academy

#kforcestrong

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