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Founded in 2005, the Ballet Conservatory of South Texas (BCSTX) is a 501(c)(3) ballet academy and pre-professional performance company.

July 1, 2020

To the Families and Students of The Ballet Conservatory of South Texas,

I write to you as a parent of two students at BCSTX and as a practicing pediatrician in San Antonio. With the spread of COVID-19 over the past several months, all of our lives have changed dramatically. Fortunately, the medical community is learning new things about the behavior of COVID-19 on a rapid basis. I would like to share some of the important aspects with regards to the transmission of COVID-19 as understood by the medical community.

The primary mode of transmission is via respiratory droplets. Transmission via respiratory droplets occurs when an uninfected person is in close contact (less than 3 feet) with an infected person who is coughing / sneezing and releasing viral particles in the air. The uninfected person is then exposed to viral droplets via the nasal passages, mouth, or eyes. Less likely, it may be possible for a person to become infected via contact with a surface that is contaminated by viral particles, termed fomite transmission. Infection via fomite transmission is not felt to be the primary method of viral spread in the community. (<https://www.cdc.gov/media/releases/2020/s0522-cdc-updates-covid-transmission.html>) (<https://www.who.int/news-room/commentaries/detail/modes-of-transmission-of-virus-causing-covid-19-implications-for-ipc-precaution-recommendations>)

For these reasons, wearing a mask and social distancing are the key methods of protection. Furthermore, recent data indicates that children under the age of 12 are less likely to transmit the virus because they are usually asymptomatic or mildly symptomatic. Children are also less likely to have respiratory symptoms, and therefore less likely to transmit the virus via respiratory droplets. In fact, many studies have shown, via contact tracing, that spread of COVID-19 primarily occurs adult-to-adult and not from child-to-adult or child-to-child.

Since reopening the studio in May, The Ballet Conservatory has implemented various measures to optimize the safety of our students and teachers:

- Reduced class sizes
- Temperature checks of all students and staff prior to entering the facility
- Only allowing students and staff into the studio
- Restructured drop off and pick up processes
- Requiring all students and staff to practice social distancing and wear masks while in class

We will continue to take all of these necessary precautions to ensure the safety of our students and staff. As we continue to learn more about the virus, we may adjust safety protocols accordingly.

We thank you for your cooperation and continued support of our amazing school, The Ballet Conservatory of South Texas.

Sincerely,

Yvette Almendarez, MD, FAAP