

emBODY PROJECT THEATRE

ILLNESS POLICY

embodyprojecttheatre.com · embodyprojecttheatre@gmail.com

Applies to: Audiences, artists, students, staff, volunteers, and guests at all emBODY events · Last updated: June 2026

emBODY Project Theatre builds performance through breath, proximity, shared space, and trust. Illness spreads quickly in those conditions. This policy exists because community care is not separate from our artistic practice: it is part of it. We protect people over productivity. We treat illness boundaries the same way we treat all consent-based limits: they do not require justification, they do not invite pressure, and they shape how we build together. This policy applies to all emBODY programming regardless of venue, and works alongside our Community Conduct & Care Policy, our Accessibility and Accommodations guidelines, and our Safety, Health, Access & Incident Reporting Policy.

AT A GLANCE

The essential rule: if you feel unwell, do not come to the space. This policy covers all contagious illness, including but not limited to COVID-19, influenza, RSV, strep, and stomach viruses. Masks are always welcome; we encourage well-fitted N95, KN95, or KF94 masks and may require them for specific events. If you are a ticketholder and need to stay home, contact us as early as possible about exchange or credit options. Artists, staff, and volunteers are never expected to push through illness. We adjust the plan. Return to the room when your symptoms are improving and you meet return criteria as described in Section 8.

1. PURPOSE & VALUES

Our rehearsal rooms and performance spaces are close-contact environments. Illness moves through them fast. We maintain this policy to support community care and equitable access, particularly for participants who are immunocompromised, disabled, pregnant, caregiving, or otherwise at elevated risk. This is a consent-forward, justice-conscious policy. The health and safety of people in the room takes precedence over any individual timeline, production schedule, or attendance record.

2. SCOPE

This policy applies to all emBODY Project Theatre programming and spaces, including Studio classes, Lab sessions, rehearsals, production meetings, performances, sharings, and public events. It applies to everyone present: artists, staff, volunteers, audience members, interns, and guests. As an emerging company, venues may vary; this policy applies regardless of location.

3. WHEN TO STAY HOME

Symptoms

Do not attend if you have any new or worsening symptoms, including fever or chills; cough, sore throat, congestion, or runny nose; body aches or fatigue beyond your baseline; headache; nausea, vomiting, or diarrhea; new loss of taste or smell; or a general “something is off” sense that suggests you might be contagious. You do not need to identify or prove your illness.

Known Exposure

If you have had a close exposure to a contagious illness, stay home if you develop symptoms or if you are within the highest-risk window after exposure and will be in close-contact conditions. If you are exposed and asymptomatic, contact us: we may ask for masking and/or testing depending on the event's risk level.

GI Symptoms

Stomach viruses spread with unusual speed in shared spaces. If you have vomiting or diarrhea, do not attend until symptoms have fully resolved and you have been stable for at least 24 hours.

4. MASKING

Masks are always welcome at emBODY events. We encourage well-fitted N95, KN95, or KF94 masks for anyone seeking added protection. We may require masking for a specific rehearsal period, performance weekend, or event if illness is moving through the company or community, the work requires close physical proximity, venue conditions indicate elevated risk, or a host site requires it. When masking becomes required, we will communicate that in advance when possible.

5. TESTING & SPECIAL REQUIREMENTS

Testing is not required for every event. We may request testing under specific conditions, including close-contact rehearsal processes such as partnering or sustained physical work, events with unusually close audience-performer proximity, when illness is actively moving through the room, or when a venue or host site requires it. If testing is requested, we will communicate the type of test needed (typically rapid/antigen), the timing, and how to report results. We will be clear about whether we are operating on an honor system or requesting documentation.

6. AUDIENCE ATTENDANCE & TICKETING

If you are sick or symptomatic, do not attend. We would rather hold the seat open. For ticketed events, contact us as early as possible about exchange or credit options, subject to event capacity and availability. If concessions are offered at a venue, we encourage masking when not actively eating or drinking, particularly during high illness seasons.

7. ARTISTS, STAFF & VOLUNTEERS

Reporting Illness

If you are participating in emBODY Project Theatre as an artist, staff member, volunteer, or intern and you become unwell, notify your appropriate lead (Stage Management, the facilitator, the producer, or Artistic Director) as early as possible. Do not come to the space “to see how you feel.” Once notified, arranging coverage or adjusting the plan is emBODY's responsibility, not yours to solve alone.

Compensation

This policy sets our values and expectations around illness; it does not change the compensation terms of any signed engagement agreement. Whether and how you are paid for a session missed due to illness is governed by your Studio Teacher, Production Artist, or Performing Artist Agreement, as applicable.

Culture of Care

We do not reward powering through illness. We do not penalize absence due to sickness. We build contingency plans because bodies are real. Illness limits are consent limits, and consent limits are respected here without interrogation or pressure.

If a Minor Becomes Ill

If a participant under 18 becomes ill or is sent home during a program, we will notify their parent or guardian promptly, consistent with our other safeguarding practices.

Privacy

Health information you share with us, including symptoms, exposure, or return-to-room details, is kept confidential and shared only with those who need to know in order to respond. If a community exposure notice is needed, we will communicate it without identifying the individual.

8. RETURN-TO-ROOM GUIDELINES

You may return when you are fever-free for 24 hours without fever-reducing medication, your symptoms are clearly improving, and you can participate without creating unnecessary risk for others. Upon returning, we may request masking for close-proximity work, modified participation with reduced contact-based activity, or testing

if your symptoms align with a high-transmission illness. We determine precautions based on the needs of the room and the nature of the work.

9. SPACE HEALTH PRACTICES

We aim to maintain reasonable health practices based on each venue's capacity and systems, including cleaning high-touch surfaces when feasible, providing hand sanitizer when feasible, encouraging ventilation practices appropriate to the site, and communicating clearly about any known illness concerns affecting the room. Many venues have their own cleaning and ventilation protocols. emBODY Project Theatre will comply with those in addition to our own standards.

10. RISK, COMPLIANCE & QUESTIONS

Any gathering carries inherent health risk. By attending an emBODY event, you voluntarily assume the risks associated with being in a shared indoor space. emBODY Project Theatre reserves the right to deny entry or participation if someone is clearly ill, refuses to comply with required health measures, or presents a significant risk to others. We also reserve the right to update this policy as conditions change, with notice when possible.

If you have questions, access needs, or require accommodations related to illness risk, including masking preferences, seating needs, or proximity concerns, please contact us. We will respond with care and clarity.

embodyprojecttheatre@gmail.com

Authorized Signature

Date: June 2026