

## **Ketchikan Community Chorus Rehearsal Protocol for COVID-19 Pandemic**

In accordance with the Ketchikan COVID-19 Community Risk Communication, Ketchikan Community Chorus will adopt the following protocol during the COVID-19 Pandemic in regard to rehearsals and other meetings.

The purpose of the Ketchikan COVID-19 Community Risk Communication is to support clear decision-making, improve accountability and communicate with the public to ensure necessary behavior change in response to COVID-19 in our community.

The Ketchikan community has adopted a risk alert-level system which communicates visually the level of health risk and indicates what measures should be taken at each level to maximize safety. In the highest stage, there may be lockdowns that require people to stay home and closures of schools, places of worship and nonessential businesses. As the level of alert is reduced, a stepwise lessening of these restrictions is possible. The risk alert-level can be found at the following web address:  
<https://app.smartsheet.com/b/publish?EQBCT=5c9d7831c0914779893f40c8a28580c5>

While the community is at Level 1-Low community risk: Ketchikan Community Chorus will rehearse in person with safety measures\* and offer virtual rehearsal via Zoom for those so interested. Masks will be required.

While the community is at Level 2-Moderate community risk: Ketchikan Community Chorus will rehearse in person in small sectionals (< 20 people) with safety measures\* and offer virtual rehearsal via Zoom for those so interested. Masks will be required.

While the community is at Level 3-High community risk: Ketchikan Community Chorus will rehearse via virtual rehearsal on Zoom.

While the community is at Level 4-Very High community risk: Ketchikan Community Chorus will rehearse via virtual rehearsal on Zoom.

\*Safety measures include appropriate measures to reduce transmission such as: reducing occupancy, staggering rehearsals, physical distancing, screening chorus members, reducing risk to vulnerable groups, keeping places clean with routine cleaning and disinfection, providing necessary supplies and equipment (e.g. sanitizer).

Ketchikan Community Chorus, in accordance with National Institutes of Health (NIH), suggests the following points to decrease the risk of SARS-CoV-2 transmission, fully acknowledging that there is no certainty or scientific evidence regarding the risks specifically for the voice community, nor the efficacy of these interventions, all of which require research.

For in person rehearsals Ketchikan Community Chorus will require the following:

1. Wearing masks by everyone. Other personal protective equipment (PPE) such as face shields, may be worn, but are not required. Singing is possible with a mask. Masks can cause breathing challenges for some, and this may affect singers with underlying pulmonary dysfunction. For these singers, we recommend they attend virtual rehearsal.
2. Screening for signs/symptoms of COVID-19 infection of all participants before entering rehearsal place, including, but not limited to, fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face.
3. Ill singers stay home as should singers who have been around a COVID-19 positive patient or have recently traveled. Exposed singers should self-quarantine for two weeks.
4. Temperature reading via no-contact thermometer before entering rehearsal place.
5. All members sign-in for each rehearsal.
6. Members avoid direct contact (e.g. hand-shaking, hugging, kissing, etc.).
7. Physical distancing of 6 feet laterally and 10 feet fore and aft for chorus members, musical director, and accompanist(s).
8. Large venue to accommodate spacing with proper ventilation such as open windows and doors (when weather permits) and fans to blow air away (down) from the singer(s).
9. Hygienic distribution of materials, such as sheet music, pencils, CDs, etc.
10. No sharing of materials, such as sheet music.
11. The practicing of meticulous hygiene. Members should wash or disinfect hands before, during, and after rehearsals. Singers should not touch their face.
12. Wiping down items that have been set up or touched by others before and after use (chairs, scores/paper music, instruments, music stands, etc).
13. Extremely limited extraneous activities (e.g. breaks, socializing, food, etc).
14. Shortened rehearsal times of 1 hour as there is no absolutely "safe" duration for rehearsal.