

COVID-19 Exposure Prevention, Preparedness, and Response Safety Plan

Maiden Vermont Chorus

Purpose

The purpose of this plan is to outline steps that the members of Maiden Vermont can take to reduce the risk of exposure to COVID-19 while at chorus rehearsals. The plan describes how to reduce or prevent exposure to the coronavirus, protective measures to take while at rehearsal, personal protective equipment to use, cleaning procedures, and what to do if a member has symptoms.

Scope

Maiden Vermont takes the health and safety of our members very seriously. Many of our members are over age 65, putting them at highest risk of getting very sick from COVID-19. More than 81% of COVID-19 deaths occur in people over age 65. With the spread of COVID-19, we all must remain vigilant in mitigating an outbreak. In order to be safe, we have developed this COVID-19 Exposure Prevention, Preparedness, and Response Plan to be implemented during our rehearsals. Our plan is based upon the recommendations from the CDC, the Vermont Department of Health, the Vermont Music Educators Association and the Barbershop Harmony Society. It is subject to change based on updated information provided by any of these entities.

Responsibilities of the Director, Board of Directors and Section Leaders

The Director, members of the Board and Section Leaders must be familiar with this plan and set a good example by following this plan at all times. This involves practicing good personal hygiene and following these safety practices to prevent the spread of the coronavirus. The same behavior will be encouraged from all members of the chorus.

Responsibilities of all chorus members

We ask all of our members to help with our prevention efforts while at rehearsal. In order to minimize the spread of COVID-19, everyone must play a part. As set forth below, Maiden Vermont has instituted various housekeeping, social distancing, and other best practices to take place during rehearsals – all members are required to follow these guidelines.

- Maintain up-to-date Covid-19 vaccinations. This is required of all members, based on the recommendations of the CDC and the Vermont Department of Health.
- A well fitting mask is required to be properly worn at rehearsals that meets N95, KN95 or KF94 standards. Material should consist of MERV13 material or ASTM F2100 (or similar) standard. Cloth or blue paper procedure masks are not acceptable. During the singing part of rehearsals, masks may not be slid down under the chin for any reason, for instance, to talk. They need to cover the mouth and nose at all times.

- Members will socially distance while singing, maintaining a 3 foot distance between singers.
- The chorus will sing together for no more than 50 minutes before leaving the room for 12 minutes (the amount of time needed by the ventilation system to change the air in the rehearsal space once) to allow aerosols to disperse, as an effective mitigation strategy. The ventilation system at the Salisbury School exchanges the air in the room 5 times every hour.
- Sectionals will be held in other rooms at the same end of the building as the gym, where the ventilation system will be operating. When feasible, windows or doors should be opened in these spaces to further increase ventilation. Members should always wear their mask and continue to be at least 3 feet apart while singing in sectionals.
- Upon entering the rehearsal room at the beginning of rehearsal, all members will check themselves in on a self-report form, verifying they have no current symptoms and haven't had any for the past 48 hours- (fever, sore throat, runny nose, fatigue, body aches, headache, diarrhea, shortness of breath, dry cough), and are not aware of their exposure to anyone who has tested positive for Covid-19 in the past 14 days. This sheet serves the additional purpose of being used for attendance at rehearsals and if contact tracing becomes necessary.
- All members will use an alcohol-based hand wash with at least 60% alcohol upon arrival at rehearsals at check-in and during rehearsals as necessary, for instance, after blowing one's nose.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Don't share sheet music, iPads, water bottles, pencils or other personal items commonly associated with rehearsals.
- Any member who has any symptoms of illness (fever, sore throat, runny nose, fatigue, body aches, headache, diarrhea, shortness of breath, dry cough), should not attend rehearsal.
- Any member who has tested positive for Covid-19 within the past 5 days may not attend rehearsal.
- Following a Covid-19 infection, a member can return to rehearsal after 5 full days of isolation. According to the CDC, Day #0 is the first day of symptoms or the day you receive your positive viral test result. Day 1 is the first full day after your symptoms develop. Day #5 needs to be completed before our Thursday rehearsal day, if her symptoms have improved and she has had no fever for at least 24 hours without the use of medicine that reduces fevers. Member should do two **antigen tests** (available for free at the Vermont Department of Health test sites) one on Wednesday evening and one on Thursday evening - 1-2 hours prior to rehearsal starting (antigen test results are good for 6 hours only). She must wear an approved mask at all times while at rehearsal, including during set up, clean up and if there is a snack or social time during the rehearsal, she is asked to keep her mask on then as well.
- If a member who has tested positive has completed her isolation period for a full 5 days and then wants to attend a chorus function during the following 5 days, she must wear an approved well fitting mask at that chorus function.

- When weather allows, doors and windows should be opened in the rehearsal space to allow for further dispersal of aerosols.
- When fans are used during rehearsals, they should blow the air away from the chorus, not directly at the chorus. The point is to disperse the aerosols away from the group.
- When weather allows, part of rehearsal can be held outside to minimize transmission of aerosols. No mitigation measures are necessary when singing outside, depending on the level of local transmission rates.
- Members are requested to keep their masks on during the entirety of rehearsals, including check in, set up, clean up, announcements and any social time. If there is a snack time at rehearsal, it will be held at the very end of rehearsal, so that anyone uncomfortable with masks being off, can leave.
- Any member who is not comfortable removing her mask will not be teased, criticized, either verbally or non-verbally or otherwise made to feel uncomfortable with her decision. Mask wearing is a very personal decision and our chorus will be respectful of all members' decisions regarding mask wearing.
- In the event a member of the chorus tests positive for Covid-19, she will follow the Vermont Department of Health guidelines regarding notifying all potential close contacts, including members of the chorus if appropriate. The period of contagiousness starts two days before symptoms began and if no symptoms, the period of contagiousness starts the day the test was performed. She will notify the Director, who while keeping the member's identity confidential, will notify the rest of the chorus about the possible exposure. The recommendations of the Vermont Department of Health will be followed in this event.