

Let's Sing!

SAFETY CONSIDERATIONS

&

GUIDELINES

FOR IN-PERSON GROUP SINGING IN BRITISH COLUMBIA

Information and guidelines collated from BC Centre for Disease Control, BC Ministry of Health, Worksafe BC, BC Return to Sport, current research

This document has been reviewed by BC Centre for Disease Control and includes feedback from Vancouver Coastal Health, BC Public Health officials and the BCCDC Safer Operations Working Group

The information in this document is current as of **November 14, 2020**

Let's Sing!

INTRODUCTION

On May 6, 2020 the Government of B.C. announced B.C.'s Restart Plan: Next Steps to Move Through the Pandemic. The goal outlined within this plan "is to slow the spread of COVID-19, protecting our most vulnerable and ensuring our health-care system can respond to increased demand while we develop a vaccine."¹

B.C.'s Phase 3 allows sectors and activities to open when the evidence and data tells us the time is right, and as protocols and guidance are in place for them to do so safely. The guidelines and extra safety precautions for [sectors in previous Phase 2*](#) are still in place.² This is not a return to normal, but rather to a "new normal" which requires everyone to modify their behavior, stay informed, apply protective measures and follow public health advice. *Please note that the numbering order of BC's Restart Start Plan **Phases** is different from the BC Return-to-School Stages.

Restarting in-person group singing is not mandatory! Each organization must assess and decide for itself if and when it is appropriate to return to in-person rehearsals. Prior to restarting, every organization must have an explicit plan for the measures they will implement and maintain over the coming 12 to 18 months. These plans must be in compliance with orders and guidance from the PHO, and must be made available to the public either by posting on the wall of the organization's venue or on its website, or both.

To help organizations in their planning, stakeholders in each sector have been asked to create sector-specific guidance documents. This "Let's Sing!" document is a resource to support choirs in B.C. Prior to restarting in-person rehearsals of any kind, **choral organizations should use these guidelines and the included resource links to develop their own choir-specific plan and work towards careful and gradual in-person singing within their own communities.**

PURPOSE

The purpose of this document is to support choirs and choral communities to develop their own explicit plans to guide the cautious, step-by-step safe return of in-person singing during this pandemic.

The PHO's direction is that guidelines should cover three things:

- 1) **Processes** to return to in-person singing safely
- 2) **Measures** to keep people safe to avoid further outbreaks
- 3) **A plan** in the event that a case or an outbreak should occur

¹B.C.'s Restart Plan: Next Steps to Move Through the Pandemic:
https://www.scribd.com/document/460236402/B-C-s-Restart-Plan-Next-Steps-to-Move-Through-thePandemic#fullscreen&from_embed

²Phase 3 – BC's Restart Plan

RELAUNCHING IN-PERSON CHORAL ACTIVITIES IN B.C. PREPARATION GUIDELINES

Gatherings of more than 50 people are not permitted under any circumstances, by order of the BC PHO.³

Choirs vary greatly! One size does *not* fit all. Each choir has unique issues which need to be factored into their own plan. Returning to in-person group singing may not be viable for some ensembles. Modifications and changes to standard practice will be required, and these modifications will need to be practical and tailored to the choir, venue and choristers. All in-person singing activities in B.C. must operate within current provincial health restrictions in order to promote the safety of our communities. Every organization's plan must include clear policies to ensure:

- no one with symptoms comes to work, choir practice or to the rehearsal space
- staff are able to be off sick or work at home to enable self-isolation for 14 days
- staff, volunteers and choristers have fewer contacts (shorter times, fewer people), through such measures as staggered start times, smaller groups, occupancy limits, virtual meetings, continuing to work from home
- higher levels of frequent cleaning of 'high touch' areas of venues and equipment, availability of hand sanitizer, an emphasis on good hand washing and hand hygiene practices

Any plans must be based on an assessment of the risks present in your choral organization. This may involve consultation with contractors, employees, volunteers and singers/participants as well as venue or facility staff. Your organization must train and adequately supervise contractors, employees and volunteers to ensure they implement safety measures appropriately. Communications including explicit signage and frequent reminders should be used. Risks must be re-assessed and plans updated as needed, if circumstances change or as guidance is updated.

The response to COVID-19 continues to change, so any planning must recognize the requirement to be adaptable to new initiatives and restrictions immediately upon announcement.

B.C. health officials outline that the risk of transmission is subject to two variables that we need to modify to reduce transmission risk. In the words of Dr. Bonnie Henry, "Fewer faces, in bigger spaces".

- Contact intensity – how close you are to someone and for how long
- Number of contacts – how many people are in the same setting at the same time

³[ORDER OF THE PROVINCIAL HEALTH OFFICER Mass Gathering Events](#)

Different actions have differing levels of protection and whenever possible use the action that offers the most protection. The following are listed from highest level of protection to lowest

- Physical distancing measures – to reduce density of people, (number and duration of contacts)
- Engineering controls – physical barriers, increased ventilation, controlling traffic flow
- Administrative controls – rules and guidelines
- Non-medical masks (and other PPE)

PROCESSES TO RETURN TO IN-PERSON SINGING

MAKE A SAFETY PLAN SPECIFICALLY FOR YOUR ORGANIZATION

Employers are required to develop a COVID-19 Safety Plan that outlines the policies, guidelines, and procedures that they have put in place to reduce the risk of COVID-19 transmission. [WorkSafe B.C. has a helpful checklist tool](#) that will guide you through a six-step process to help you create your plan. The tool is provided as a fillable PDF that you can download and save with the details of the plan for your particular rehearsal venue or situation.

CONSIDER YOUR LIABILITY

Most insurance plans for organizations do NOT cover “pandemics” in any way. At this time, there is no Ministerial Order protecting amateur arts organizations from potential liability, such as there is for amateur sports organizations.

CONSIDER YOUR COMMUNICATION PLANS

Leaders of the organization should clearly communicate the following messages to all participants/members/staff/volunteers:

- Anyone who is feeling unwell should not attend rehearsal. Stay home, get tested, or use the BC COVID-19 [online self assessment tool](#).
- If anyone exhibits any signs of illness either on arrival or during the activity, they will be immediately sent home.

Sample communication templates can be found in Appendix A & B.

FACTOR IN REQUIRED ADDITIONAL CLEANING

There may be additional costs associated with cleaning supplies and staff time required to do the cleaning. If volunteers will be cleaning surfaces and high-touch areas, they must be trained in how and what to clean, and what products to use. Work with the venue /facility staff to ensure that any additional cleaning needs are considered and factored into schedules and budgets.

CONSIDER THE VENUE

Singing outside is safer than singing inside. Good ventilation and a large space is recommended. Time inside should be minimized. Open up windows and doors to access fresh air. It is not advised to have singers in balconies where particles could potentially “rain down” on participants below. Ensure that you limit the number of participants so that physical distancing can be achieved at all times.

CONSIDER PPE

Singing in masks has been demonstrated to reduce the amount of droplets and aerosols released into the air.⁴ Wearing a mask is not a substitute for physical distancing. Choristers should continue to physically distance, even when wearing masks.

MEASURES TO KEEP PARTICIPANTS SAFE

FACILITY ACCESS/CONTROL

The Provincial Health Officer has banned gatherings of 50 or more. This ban is expected to remain in force until the end of the state of emergency. Public health officials have indicated that the use of outdoor facilities are generally safer as there is greater ventilation and ability to physically distance. This does not limit indoor activities from reopening but it does increase the risk factor and therefore adds further considerations related to facility operations. Singing outdoors is encouraged whenever possible.

Organizations should institute the following protocols for their facilities:

- Safe physical distancing must be monitored and enforced at all times.
- Anyone experiencing or exhibiting symptoms of a cold, flu or COVID-19 should not be allowed to enter the facility.
- Anyone entering the facility (staff, students, parents, visitors, delivery, etc.) must be required to review the “Daily Symptoms Checklist” (see appendix X) prior to entering the building (an additional health check of a touchless thermometer is also recommended).
- Everyone entering the facility must be required to use hand sanitizer.
- Restricting or limiting access to those that are essential to the approved activities (e.g. participants, facility staff, volunteers).

SUGGESTED SAFETY MEASURES FOR ARRIVAL AND DEPARTURE

- Singers, volunteers, and staff are encouraged to wear a mask at rehearsals.
- Detailed records of staff and singer attendance at each rehearsal and event should be kept (to be held for a minimum of 30 days).
- Consider staggering arrival times, in order to minimize unnecessary gathering in groups.
- An appropriate arrival time should be set and communicated with participants, for them to arrive in advance of their scheduled activity (e.g. participants should not arrive more than 20 min in advance of the activity’s start time).
- Organizations should consider having a touchless thermometer at the door for temperature checks. If a singer has a fever of 37.8 C (100 F) or above they must be sent home. More information on temperature checks is [here](#).
- Where a check-in desk is present, the following guidelines should be followed:
 - Have “clean pens” and “used pens” boxes. Used pens should be disinfected before they are returned to the “clean pens” box.
 - Ensure that safe physical distancing is taking place during check in process
 - Consider using a counter shield for check in staff and volunteers.

⁴https://www.innovations-report.com/hrml/reports/studies/risk-of-infection-with-covid-19-from-singing-first-results-of-aerosol-study-with-the-bavarian-radio-chorus.html?fbclid=IwAR0nGoqYBVfwLHmiv9Bz_Kb-rF1M4dKdJCX8v-hwwj3l4CVpZydlCI5TCQ and <https://www.nfhs.org/media/4030003/aerosol-study-prelim-results-round-2-final.pdf>

RECOMMENDED SAFETY MEASURES FOR INDOOR VENUES:

- Indoors, limit the number of people who are singing and limit the time spent singing – try to aim for less than 30 minutes⁵
- Sanitizing and cleaning should take place before and after each rehearsal (see protocol below).
- Signage should be posted, reminding people about the guidelines and protocols.
- Directional signage should be posted to ensure that singers can access the building, hallways, stairwells, washrooms, rehearsal space etc. safely, using 2m spacing and one directional flow whenever possible.
- Building access points should be limited and controlled, in order to monitor how many people are entering the facility.
- Whenever possible, doors should be propped open, or automatic doors should be chosen, in order to reduce contact with door handles.
- Washroom use should be limited to one person per household at a time.
- In order to increase ventilation in your rehearsal space, windows should be opened, and doors propped open whenever possible. If there are overhead fans, it has been recommended to leave the fan off, as the direction of the fan and how high it is, can greatly affect air movement and aerosol particle transmission. If there is an HVAC system, it should be used. **Singing should be avoided in unventilated rooms⁶.**

RECOMMENDED SAFETY MEASURES FOR OUTDOOR VENUES:

Organizations must have the ability to control group sizes and proximity in an outdoor rehearsal or event environment.

- The “no more than 50 in a group” rule still applies outside, and physical distance requirements should still be enforced in an outdoor setting.
- Booking procedures may be required in municipalities for use of fields, bleachers etc.
- Consider the ability to safely access public areas such as washrooms, parking, pathways etc. while ensuring COVID-19 measures in the organization’s plan can be applied.

RECOMMENDED REHEARSAL AND EVENT PROTOCOLS

During rehearsals or events, the following protocols should be communicated and enforced:

- Safe physical distancing must be monitored and enforced at all times.
- Singers must be spaced a minimum of 2m apart, in clearly marked “zones”, and encouraged to stay in their zones for the duration of activity. Some recent science indicates that singers should be spaced more than 2m apart “front to back”/ between rows.⁷ A further distancing for conductor and accompanist should be used as they face the choir.
- Singers should sing forward-facing. Consider having singers stand in rehearsal, in order to limit the contamination of chairs or pews.

⁵http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance_Faith_Based.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION

⁶http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance_Faith_Based.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION

⁷https://www.innovations-report.com/hrml/reports/studies/risk-of-infection-with-covid-19-from-singing-first-results-of-aerosol-study-with-the-bavarian-radio-chorus.html?fbclid=IwAR0nGoqYBVfwlHmiv9Bz_Kb-rF1M4dKdJCX8v-hwwj3l4CVpZydlCI5TCQ

- Food, beverages, musical scores, pencils or other items should not be shared between singers.
- Staff and singers should avoid close greetings like hugs or handshakes.
- All singers will be asked to sanitize their hands at check-in, before entering and exiting the rehearsal.
- Vocal or physical exercises should not involve face touching or excessive physical movement.
- Rehearsals and events should be shortened, in order to limit time of potential exposure.
- The handling and passing out of papers and music should be eliminated, in order to reduce potential contact spread. Suggested alternatives include:
 - Encouraging the use of a personal pdf reader such as a tablet or iPad.
 - Emailing legal pdfs of all sheet music and asking singers to print and bring their own copies to rehearsal.
 - Using a projector to project music on a screen.

RESPIRATORY ETIQUETTE

- Staff and singers should be reminded to cough or sneeze into their elbow or a tissue.
- Staff and singers should be reminded not to touch their eyes, nose and mouth.
- Participants, volunteers, and staff are encouraged to wear masks at rehearsals.

WASHING/SANITIZING HANDS

Singers must wash/sanitize their hands:

- When they arrive at rehearsal and before they go home.
- Before and after breaks.
- After using the toilet.
- After sneezing or coughing into their hands or a tissue.
- After putting their hands on their face or nose.
- Whenever hands are visibly dirty.

Staff and volunteers must wash/sanitize their hands:

- When they arrive at rehearsal and before they go home.
- Before and after breaks.
- When coming in from outside.
- Before and after eating or handling food.
- Before and after handling food.
- After using the toilet.
- After contact with bodily fluids (e.g. runny noses, spit, vomit, blood).
- After cleaning tasks
- After handling garbage.
- Whenever hands are visibly dirty.

INCREASED CLEANING AND DISINFECTING MEASURES

Choirs should allow time for sanitizing and cleaning before and after each rehearsal. Choirs should follow the provincial cleaning practices provided in [B.C. CDC's Cleaning and Disinfectants for Public Settings](#) document, and **contains critical information about cleaning products and the concentrations to use.**

Items that cannot be easily cleaned should be removed from the rehearsal room. Only Health Canada approved cleaning products should be used.

Recommended cleaning and disinfecting measures include:

- Surfaces and equipment should be cleaned and disinfected before and between each rehearsal. These include handrails, door handles, elevator buttons, light switches, sinks, bathrooms, chairs, pews, tables, music, music stands, piano benches, piano lids and piano keys, pens and equipment at the check-in table, and any equipment.

GUIDANCE FOR FAITH-BASED CHOIRS

On July 17, 2020, the BC Ministry of Health released the following **Guidance for Faith-Based Organizations from BC Centre for Disease Control and BC Ministry of Health.**

http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance_Faith_Based.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION

Specific guidance for Faith-based choirs is included in the document, including these points:

- There may be no safe physical distance between singers if someone singing is infected with COVID-19; this is why it is very important for people to remain home if they are ill and to stay away from others;
- For people who are well enough to attend services, maintain the two metre distance between singers and between those who are singing and those who are enjoying the music;
- Try singing outdoors wherever possible; indoors, consider the size of the room that the singing is taking place in, and whether or not the ventilation is adequate. Open windows or doors to help ventilate the room. Singing should be avoided in unventilated rooms;
- Indoors, limit the number of people who are singing and limit the time spent singing – try to aim for less than 30 minutes;
- Consider breaking into smaller groups that sing together for shorter periods of time;
- Consider having one soloist sing for the entire congregation, ensuring at least two metres between the singer and the audience;
- Encourage humming along to recorded music or along with a soloist or small group of singers;
- Encourage members who wish to wear a face mask or face covering to services and during activities such as singing;
- Do not share microphones, music stands, or other equipment.

GUIDANCE FOR BANDS AND CHOIRS **UPDATED November 14, 2020**

NEW: guidance from NFHS (“The Colorado Study”) part 3 released November 12, 2020

<https://www.nfhs.org/articles/unprecedented-international-coalition-led-by-performing-arts-organizations-to-commission-covid-19-study/>

VIDEO with Q&A <https://www.youtube.com/watch?v=fG1bcAWLazg&feature=youtu.be>

On July 24, 2020, the **BC Centre for Disease Control** released a [1 page document addressing community bands and choirs](#). It should be noted that the statement about “no limit needed on the time spent singing” is different guidance than the CDC provided for Faith-based choirs, which encouraged a maximum 30 minute time limit on singing.⁸ Research from University of Colorado confirms a 30 minute maximum, (then have a break) whether indoors or outdoors.⁹

The BCCDC Guidance for Choirs is as follows¹⁰:

“If preventative measures are taken, the risks of participating in choirs and bands can be minimized. Use your judgement and consider your own health and the health of those in your group.

If preventative measures are taken, risks can be minimized. It is important to use your judgement and comfort level, and consider your own health and the health of those in your group when deciding what activities to participate in.

This guidance does not apply to settings that are regulated under BC statute or where other orders, directives, or guidance may apply (e.g., schools, bars, and restaurants).

Choirs

- Adults and children who feel well should sing in small groups that are no larger than 50 and follow appropriate COVID-19 precautions (e.g., physical distancing, recording the contact information of participants, and regular hand washing) and Orders of the Provincial Health Officer.
- Singing outdoors is best, or in a large indoor space with good ventilation. Avoid sharing equipment; if sharing must occur, clean and disinfect between users. *If everyone is following precautions, there is no limit needed on the time spent singing.* As noted above, this statement contradicts current research and other BCCDC recommendations.*
- Public health does not recommend that people who are more likely to experience complications of COVID-19 – including older adults – sing with others in person.”

GUIDANCE FOR K-12 MUSIC EDUCATION **UPDATED November 14, 2020**

BC Music Educators’ Association in partnership with Coalition for Music Education BC has specific guidelines and practical advice in their document here:

⁸http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance_Faith_Based.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION

⁹ <https://www.nfhs.org/media/4030003/aerosol-study-prelim-results-round-2-final.pdf>

¹⁰ <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/choirs-and-bands>

https://drive.google.com/file/d/1KG2rE1rU-NENxbQsuYN20xnM9TBINn3Z/view?fbclid=IwAR2IHh_b_XxnWmuWyOxcH4ITrXzsG633w3Glo5aiHo89wFqcxeLdJvspBzY

Provincial COVID-19 Health and Safety Guidelines for K-12 settings August 17, 2020.

<https://www2.gov.bc.ca/assets/gov/education/administration/kindergarten-to-grade-12/safe-care-in-g-orderly/k-12-covid-19-health-safety-guidelines.pdf>

NEW: guidance from NFHS (“The Colorado Study”) part 3 released November 12, 2020

<https://www.nfhs.org/articles/unprecedented-international-coalition-led-by-performing-arts-organizations-to-commission-covid-19-study/>

VIDEO with Q&A <https://www.youtube.com/watch?v=fG1bcAWLazg&feature=youtu.be>

PLANS SHOULD A CASE OR OUTBREAK OCCUR

It is necessary to follow instructions from your local public health officials, should a case or outbreak occur in your organization/ choir. Organizations planning for in-person rehearsals must have in place, detailed plans and procedures should someone present as ill, or should an outbreak of COVID-19 occur. **The organization’s plans should clearly state that the directions from local public health in the event an exposure / case / cluster occurs, will be followed.** These plans should also identify a re-opening and response plan task force.

Plan 1 – There is no known risk of exposure

Ensure prevention and control measures are in place.

- Everyone is encouraged to practice good hygiene and respiratory etiquette at in-person singing events and at home.
- Keep a record of all persons attending events/ rehearsals. Attendance for all music staff, singers and volunteers including name, phone number, address, date and time of activity, should be recorded and kept for a minimum of 30 days, to facilitate any necessary tracing and contact by Public Health, if necessary.

Plan 2 – Suspected exposure to COVID-19

The identification and isolation of a potentially ill staff, singer, volunteer or visitor.

- If any staff, singer, family member or volunteer is observed to be exhibiting any symptoms of a cold, flu or COVID-19 during an in-person activity, the person exhibiting symptoms should be required to leave immediately.
- If they are unable to leave immediately, they should be provided with a designated private room to minimize the potential spread of the virus until transportation can be arranged.

- If a case should occur, the rehearsals for that cohort should be put on hold for a minimum of 14 days, and **everyone in attendance should follow the advice of their local Public Health Authority.**

Plan 3 – High Risk of Exposure

In the event of confirmed exposure of COVID-19 all staff, singers, singers' family members, volunteers and any others that attended the event must be notified of the exposure so that they can closely monitor their own symptoms and self-isolate over the next 14 days, **following the direction of their local Health Authority.**

- Consider whether to close the facility. Some considerations might include: the number of confirmed cases and if they are centralized amongst a cohort.
- Ultimately, the organization with consultation from either the Provincial Health Authority or local Health Authority and other key stakeholders, will decide on possible facility closures.

IN BRIEF

- Limit the size of groups
- Limit the time for singing to 30 minute sessions; allow the air to be refreshed before resuming
- Wear masks to limit aerosol transmission
- Enforce physical distancing and handwashing
- Sing outdoors preferably; if indoors use a large, well ventilated facility
- Ventilation: ensure there is fresh air exchange (rather than recycled air)
- **NEW: partitions between players or singers is NOT recommended (see here: <https://www.youtube.com/watch?v=fG1bcAWLazg&feature=youtu.be>)**
- Understand your risks and insurance coverage issues

DISCLAIMER

These guidelines are intended to support choirs and choral communities to develop their own explicit plans to guide the cautious, step-by-step safe return of in-person singing during this pandemic. It is the intention to provide relevant and timely information, however, information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change. Therefore, no guarantee can be given as to the accuracy or completeness of any information provided in these guidelines.

This “Let’s Sing! Guidelines” document is not a legal document and is to be used as a guide only. It is not a substitute for actual legislation or orders of the PHO. In the event of an ambiguity or conflict between these guidelines and the Public Health Act, regulations or orders thereunder, the Act, regulations and orders prevail. Each choral organization should comply with the

requirements of the provincial and local government and health officials in terms of public gatherings, events and when determining when it is safe to return to activities. Nothing in this document is intended to provide legal advice. Do not rely on this document or treat it as legal advice.

This document contains links to web sites and documents in the Resources section. These links are provided for convenience only and are not necessarily an endorsement of the information contained in linked websites nor a guarantee of its accuracy, timeliness or suitability for a particular purpose. The information in those links may be updated occasionally. You should check in regularly to ensure your own Plan and your own organizational guidelines are up to date.

Anyone using these “Let’s Sing! Guidelines” does so at their own risk.

APPENDIX A: PARTICIPANT AGREEMENT

~~Sample Agreement~~

***Modify agreement as appropriate for your organization-specific protocols**

***Modify where the participant is a minor and the agreement is signed by a parent or guardian.**

Application - to be signed by all singers, staff, directors/ conductors/ accompanists, members, volunteers, participants and family members of participants while in attendance at organization activities ("Participants").

All participants of <NAME OF ORGANIZATION> agree to abide by the following points when entering <REHEARSAL or EVENT facilities> and/or participating in activities under the COVID-19 Response plan and "Let's Sing!" Protocol:

- I agree to symptom screening checks, and will let <ORGANIZATION NAME> know if I have experienced any illness, flu or COVID-19 like symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.
- I agree to sanitize any equipment I use during rehearsal with approved cleaning products provided by the organization.
- I agree to continue to follow physical distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment or supplies during rehearsal times.
- I agree to abide by all of <ORGANIZATION'S> COVID-19 Policies and Guidelines.
- I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the organization for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my membership in the organization temporarily.
- I acknowledge that there are risks associated with entering rehearsal facilities and/or participating in my organization's activities, and that the measures taken by the organization, it's staff, contractors, volunteers, members and other participants, including those set out above and under the COVID-19 Response Plan and Let's Sing! protocols, will not entirely eliminate those risks.

Date:

Full name (printed):

Signature:

APPENDIX B: SAMPLE COMMUNICATION TO MEMBERS

Email or letter template message: Let's Sing! in-person

Dear <<PARTICIPANT, MEMBER, VOLUNTEER, PARENT>>

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, <NAME OF ORGANIZATION> along with a consortium of choral organizations has been working to understand the recommendations of our Chief Provincial Health Officer and how they best apply within the choral sector.

The attached <NAME OF ORGANIZATION'S Let's Sing! Plan> has been developed for our organization in order to ensure:

- health and safety of everyone is the #1 priority
- activities are in alignment with provincial health recommendations
- modifications to rehearsals and activities are in place in order to reduce the risks to participants
- choirs are united and aligned on a plan throughout the province to be able to rehearse safely should they choose to do so

We hope things will eventually return to normal, but until that happens, or we are advised otherwise by public health authorities, <NAME OF ORGANIZATION'S Let's Sing! Plan> must be followed.

If you choose to participate in singing activities in-person, you must follow these rules:

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home and you should get tested, or use the [COVID-19 Online Self Assessment Tool](#).
- If you have traveled outside of Canada, you are not permitted to come to rehearsal or to be with other singers from the organization until you have self isolated for a minimum of 14 days.
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID-19, please stay home, and get tested or use the [COVID-19 Online Self Assessment Tool](#).
- Wash your hands when you enter the venue.
- Bring your own music/folder/tablet, water bottle and hand sanitizer.
- Comply with physical distancing measures at all times.
- Avoid physical contact with others, including shaking hands, hugs, high fives, etc.
- Leave the venue as quickly as possible after you finish

<NAME OF ORGANIZATION'S Let's Sing! Plan> is based on current public health guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation with in-person singing at this time. You must take into account your own circumstances and make the decision that is right for you. Should you choose to join us, we require your full cooperation with our <NAME OF ORGANIZATION'S Let's Sing! Plan>

Sincerely,

APPENDIX C: SAFETY PLAN TEMPLATE (from WorkSafe BC)

Worksafe BC COVID-19 Safety Plan template

<https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en>

RESOURCES

Worksafe BC COVID-19 Return to Safe Operation in the Performing Arts

<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/performing-arts>

Worksafe BC COVID-19 Safety Plan template

<https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en>

BCCDC Community Settings, Choirs and Bands: July 24, 2020

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/choirs-and-bands>

Guidance for Faith-Based Choirs from BC Centre for Disease Control and BC Ministry of Health: July 17, 2020

http://www.bccdc.ca/Health-Info-Site/Documents/COVID_public_guidance/Guidance_Faith_Based.pdf?bcgovtm=20200506_GCPE_AM_COVID_9_NOTIFICATION_BCGOV_BCGOV_EN_BC_NOTIFICATION

BC Centre for Disease Control <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

B.C. CDC's Cleaning and Disinfectants for Public Settings including a disinfectant calculator

World Health Organization: Coronavirus disease advice for the public:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

Guidance for Music Classes in British Columbia During COVID-19, updated Aug 17, 2020

https://drive.google.com/file/d/1KG2rE1rU-NENxbQsuYN20xnM9TBINn3Z/view?fbclid=IwAR2IHh_b_XxnWmuWyOxcH4ITrXzsG633w3Glo5aiHo89wFqcxeLdJvspBzY

BC Return to Sport <https://www.viasport.ca/return-sport>

SCIENTIFIC STUDIES

International Coalition of Performing Arts Aerosol Study Round 2 (commonly referred to as "University of Colorado Study") as of August 6, 2020

<https://www.nfhs.org/media/4030003/aerosol-study-prelim-results-round-2-final.pdf>

Evidence Review specific to Choral Singing as of July 21, 2020

<https://ncceh.ca/documents/evidence-review/covid-19-risks-and-precautions-choirs?fbclid=IwAR3LucUbbi1JX1uTUfAaDDrvZ68r1FbXySbEs-pz7xqQhmeacx3u5fs4Xuk>

Risk Assessment of a Coronavirus Infection in the field of Music: Updated summary of various studies and findings V4 (referred to as “The Freiburg Study”) as of July 17, 2020

<https://drive.google.com/file/d/1bz412feeQ70JEsDcLnV9vuRhdTnDSHjz/view?usp=sharing>

COVID-19_Airborne_Transmission_Estimator: <https://tinyurl.com/covid-estimator>

<https://docs.google.com/spreadsheets/d/1G5mFlkPtFhqQx9r7VyPs-0iKu83vKy-fgovDfWaaCNM/edit?ts=5f0abf80#gid=519189277>

Bavarian preliminary study on aerosols and singing:

https://www.innovations-report.com/hrml/reports/studies/risk-of-infection-with-covid-19-from-singing-first-results-of-aerosol-study-with-the-bavarian-radio-chorus.html?fbclid=IwAR0nGoqYBVfwLHmiv9Bz_Kb-rF1M4dKdJCX8v-hwwj3l4CVpZydICI5TCQ

Children and COVID-19: (BC Ministry of Education cites this research)

<https://www.rivm.nl/en/novel-coronavirus-covid-19/children-and-covid-19>

OTHER RESOURCES

BC COVID-19 Online Self Assessment Tool: <https://bc.thrive.health/covid19/en>

The Singers’ Mask: Broadway Relief Project- this is the mask that a number of University choirs have ordered; they also make one for instrumentalists

<https://www.broadwayreliefproject.com/singersmask>

Clear masks for singing

<https://buy.theclearmask.com/collections/frontpage/products/clearmask-box>

Singers’ face mask

<https://www.mymusicfolders.com/product/resonance-singers-mask-with-disposable-biofilters/>

ACKNOWLEDGEMENTS

The information in this document was collected from the cited sources and collated by

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