



Health Policies and Procedures

Effective August 1, 2024

At Upper Valley Music Center we work to create a safe, inclusive environment for everyone. In writing this policy, we recognize that safe conditions are different for different people. Given that UVMC serves more than 1,000 people in our community, this policy is designed to balance diverse needs and circumstances, giving special consideration to the most vulnerable among us.

In-Person and Online

UVMC offers both in-person and online instruction. Since in-person activities may be interrupted in various ways, online teaching is used to provide as much continuity as possible. Students enrolling in in-person activities should be prepared that some lessons or classes may take place online when a student or faculty member is unable to attend in-person. UVMC has extensive experience in providing online instruction, and faculty are well versed in providing excellent instruction in all formats.

Policies

Before You Arrive

Health Screening

One of the most important ways to keep each other healthy is to keep colds and viruses out of the UVMC building.

Before arriving at a UVMC location, please answer the health screening questions for each person in your party. If anyone answers 'yes' to any of these questions, you must consult the procedures to determine when and how you may return to in-person activities at UVMC.

- Do you have any significant symptoms of illness?
Significant symptoms may include fever, respiratory symptoms such as runny nose, nasal congestion, sore throat, cough, or shortness of breath, general body symptoms such as muscle aches, chills, and severe fatigue, gastrointestinal symptoms such as nausea, vomiting, or diarrhea, changes in your sense of taste or smell.
- Have you had a positive test for COVID, influenza, or communicable illness within the past 5 days?

If you must stay home because of this policy and you still feel well enough to learn, you may participate in your scheduled activity through online access. All individual lessons will be available online. If you have a group class, some classes may offer remote access, a class recording, or other learning materials. If you have an ensemble rehearsal, your conductor/coach may give you notes for practice. If you are attending a workshop or special event with a fee, you will be offered a refund or the option to convert your fee to a donation.

If your faculty member must stay home because of this policy and is well enough to teach, you will be offered online lessons or classes until the faculty member is cleared to return to in-person teaching.



When You Arrive

Ventilation

UVMC has installed a state-of-the-art ventilation system at the UVMC building. This system will filter all of the air in each studio through a two-stage filtration system every 3-6 minutes. In addition, all of the air in each room will be exchanged with outdoor air 1-3 times per hour. At offsite locations, air filtration will be assessed and provided through portable medical grade HEPA air filters if necessary.

Masking

We recognize that high-quality face masks are one of the most effective ways to reduce transmission of respiratory viruses, and we continue to use masking to help reduce transmission. This policy applies to indoor and outdoor events.

Wearing a face mask is required for people ages 2 and older if you have:

- any symptoms of illness
- tested positive for a respiratory virus like COVID or influenza within the last 5 days
- had close contact with someone who has tested positive for a respiratory virus in the past 10 days

Masks are also required in the following situations:

- A faculty member requires masking for everyone age 2 and older in an indoor classroom.
- In individual lessons a student requires that their teacher wear a mask.

Masks are highly recommended for audience members at public indoor concerts and events (and required under the circumstances listed above).

Temporary Universal Masking

UVMC may require universal masking for ages 2 and older for a period of time if there are increased cases of illness in our region or among UVMC participants or faculty/staff.

Wearing a face mask is optional for people ages 2 and older if **all** of the following are true:

- You have no symptoms of illness
- You have not tested positive for a respiratory virus in the past 5 days
- You have not had close contact with someone who has tested positive for a respiratory virus in the past 10 days
- Your faculty member has not required masks.
- (For faculty) Your individual lesson student has not requested masks.



Masks should follow CDC guidelines found here:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html>

We ask that everyone respect masking requests. If you have a medical reason that affects your ability to wear a mask, please contact UVMC Office staff in advance so that we may arrange appropriate accommodation, which may include online access or outdoor programming depending on the circumstance.

Hand Hygiene

All students and family members should wash their hands with soap and water or use hand sanitizer when they enter the building.

Vaccination

We recognize that vaccination is a highly effective way to protect against communicable illnesses, and we highly encourage all eligible individuals to stay up to date with vaccinations.

Reporting Positive Tests

All employees, students and other individuals who attend in-person UVMC activities are required to report positive respiratory virus test results to the UVMC Office. A report should be made as soon as possible following the Reporting procedure.

Policies for Public Performances

UVMC's policies for public performances are our baseline for protecting performer and audience safety at events. Some venues may have additional requirements that UVMC will follow. Please check specific event listings for additional guidance that is specific to each venue.

Health Screening - Before arriving at a UVMC location, please answer the health screening questions for each person in your party. If anyone answers 'yes' to any of these questions, you must consult the Procedures to determine when and how you may return to in-person activities at UVMC.

- Do you have any significant symptoms of illness?
Significant symptoms may include fever, respiratory symptoms such as runny nose, nasal congestion, sore throat, cough, or shortness of breath, general body symptoms such as muscle aches, chills, and severe fatigue, gastrointestinal symptoms such as nausea, vomiting, or diarrhea, changes in your sense of taste or smell.
- Have you had a positive test for COVID, influenza, or communicable illness within the past 5 days?



Masking - Masks are required for people ages 2 and older if an individual has any symptoms of illness or exposure to illness in the past 5 days. All people ages 2 and older are encouraged to wear masks at indoor UVMC performances and events.

Air Filtration - Off-site performance venues may have air filtration, provided either by the venue or portable air filters. The rate of air filtration may vary by location.

Procedures

Switching to an Online Lesson or Class (for health reasons)

- In order for a student to switch from an in-person lesson or class to an online lesson or class due to health reasons, the student (or parent/guardian) should contact the office and/or teacher with as much advance notice as possible.
- If a faculty member must switch to online instruction due to health reasons, the faculty member will give students as much notice as possible, either directly or through the UVMC office.
- In most cases, a switch to online should be available through the beginning of the lesson or class. In cases where a student is not able to make it online in time, the instructor will provide video instruction for the student in the case of individual lessons and will make class materials available in the case of group classes.

Reporting for a positive communicable illness test result

- A report can be made by emailing or calling the Administrative Director at info@uvmusic.org or 603-448-1642 x1.
- After reporting, see procedures for positive tests regarding self-isolation and when the affected individual may return to in-person activities.

Symptoms of Illness

- If you have significant symptoms of illness, stay home until symptoms have significantly improved.
Significant symptoms of illness may include fever, respiratory symptoms such as runny nose, nasal congestion, sore throat, cough, or shortness of breath, general body symptoms such as muscle aches, chills, and severe fatigue, gastrointestinal symptoms such as nausea, vomiting, or diarrhea, changes in your sense of taste or smell.
- If you have mild symptoms of illness and have not had a close contact in the past 10 days, you may attend in-person activities at UVMC as long as you are wearing a well-fitting mask following CDC guidelines. If these symptoms are new or unexplained,



we strongly recommend that you test for illnesses such as COVID or Influenza before attending UVMC in-person activities.

- If you have significant symptoms of illness (especially fever) and HAVE had a close contact in the past 10 days, you must stay home from in-person UVMC events until your symptoms improve. You may attend in-person activities at UVMC as long as any remaining symptoms are mild and you are wearing a well-fitting mask following CDC guidelines.

Positive COVID Tests for Employees, Students, or Other Attending Individuals

- If the individual is in a UVMC space when a positive result is received, the individual must immediately mask (if they were unmasked) and go home.
- Report test result to UVMC Office (see COVID Reporting Procedure)
- Individuals may return to in-person activities when they have met conditions for ending self-isolation.
 - With symptoms
 - Fever free without medication for 24 hours.
 - Symptoms improved.
 - At least 5 days since symptoms started
 - A negative antigen test. Day 0 is the first day of symptoms. After day 10, a negative test is not required. Individual must wear a mask through day 10.
 - Without symptoms
 - No symptoms.
 - At least 5 days since collection date of COVID test
 - A negative antigen test. Day 0 is the collection date for the test. After day 10, a negative test is not required. Individual must wear a mask through day 10.
 - Individuals who return on days 6-10 with a negative test should disclose their COVID infection to those around them.
 - Individuals who have tested positive for COVID are exempt from the close contact policy for 30 days from their first symptoms or from their positive test if they have no symptoms.
- UVMC may close the affected location temporarily, depending on the specifics of the case. If a location is closed, all lessons and classes will take place online to the greatest extent possible.

Close Contact with a Confirmed Case of COVID

- A close contact is defined as closer than 6 feet for 15 minutes or more during a 24 hour period with either party unmasked.



- If you have had close contact in the past 10 days with someone who has tested positive for COVID, but are not experiencing any symptoms of COVID, you may participate in in-person activities as long as you are wearing a well-fitting mask that meets CDC recommendations at all times. (This mask requirement applies to voice, wind, and brass players as well.)
- Individual must wear a face mask while at UVMC events (indoor or outdoor) for 10 days after exposure.
- Individuals should monitor for symptoms of COVID. If symptoms develop, individual must stay home from in-person UVMC events until receiving a negative antigen or PCR test taken at least 5 days after exposure.
- Individuals who have tested positive for COVID are exempt from the close contact policy for 30 days from their first symptoms or from their positive test if they have no symptoms.

Instrument Cleaning

Shared instruments will be cleaned between uses.

- Pianos with plastic keys may be wiped down, taking care not to apply excess moisture and to remove excess moisture after cleaning.
- Music Together instruments will be cleaned as necessary.
- Shared instruments will be disinfected if used by someone who has tested positive for a communicable illness.

If there is a cluster of confirmed cases at UVMC

- If there are 3 or more confirmed cases of a communicable illness among people who attended an in-person UVMC program in the past 7 days, UVMC may suspend in-person activity in the affected locations temporarily.
- UVMC will deep clean affected locations before reopening to in-person activities.
- All programming will continue online during in-person closures to the greatest extent possible.

Liability Waiver and Assumption of Risk

You may not visit UVMC or partake in any in-person UVMC activity unless you have agreed to this waiver. Upper Valley Music Center (UVMC) has put in place preventative measures to reduce the spread of communicable illnesses; however, UVMC cannot guarantee that you or your child(ren) will not become infected by a communicable illness. Further, visiting UVMC in-person could increase your risk and your child(ren)'s risk of contracting a communicable illness.

By agreeing, you acknowledge the contagious nature of communicable illnesses and voluntarily assume the risk that your child(ren) and you may be exposed to or infected by attending or visiting UVMC and that such exposure or infection may result in personal injury, illness,



permanent disability, and death. You understand that you, as an adult student, or you, as parent, or your designated caregiver, may not visit UVMC or any of its satellite locations with any additional guest beyond direct family member/caregiver, student and siblings within your care. You understand that the risk of becoming exposed to or infected at UVMC may result from the actions, omissions, or negligence of yourself and others, including, but not limited to, UVMC employees, volunteers, and program participants and their families.

You voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any injury to your child(ren) or yourself (including, but not limited to, personal injury, disability, and death), illness, damage, loss, claim, liability, or expense, of any kind, that you or your child(ren) may experience or incur in connection with your child(ren)'s attendance at UVMC or participation in UVMC programming ("Claims").

On your behalf, and on behalf of your children, you hereby release, covenant not to sue, discharge, and hold harmless UVMC, its employees, agents, and representatives, of and from the Claims, including all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating thereto.

Questions

If you have any questions about UVMC Health Policies or Procedures, please contact the Administrative Director at info@uvmusic.org or 603-448-1642 x1. Faculty and staff are not authorized to alter or make exceptions to these policies or procedures.