



Updated Sing Safely Guidelines for Spring Semester 2022

The health, safety, and well-being of The St. Louis Children's Choirs (SLCC) students, families, staff, and community are our priority. We are grateful to report that last season, the Choirs conducted over 30 weeks of rehearsals, produced four virtual concerts, and held rehearsals this year from September through December without any COVID transmission traceable to our choral activities.

This year's updated plans will continue to ensure safe and enjoyable rehearsals for our singers. These rehearsal plans follow recommended and best-practice protocols from multiple sources including the Centers for Disease Control and Prevention (CDC), St. Louis County guidelines, local school districts, and the National Association for Music Education. In addition, SLCC has collaborated and consulted with the Indianapolis Children's Choirs, Allegro Choirs of Kansas City, and Chorus America.

We will modify plans to stay in compliance with local, state, and national public health policies.

Rehearsal Spaces:

- Recommended spacing for school-aged students K-12 (wearing masks) is 3 feet by the CDC and the National Association for Music Education. This guideline is being followed for music classes in local St. Louis County school districts. In an abundance of care, we have temporarily increased our spacing from 5 to 6 feet between singers with 90-minute rehearsals. Spacing for concerts will be determined closer to concert dates.
- Enrollment is limited to safely accommodate students in each rehearsal space. Class sizes are determined by the safe accommodation of each rehearsal space. Due to capacity, both the PUCC Sanctuary and Fellowship Hall will safely accommodate up to 65 singers each and the Choir Office rehearsal space will safely accommodate up to 17 singers.
- Powerful HEPA air filters will create a continuous air exchange. Sanitization of air using Force of Nature will take place between rehearsals. Outside doors will be opened during mandatory breaks to provide fresh air to rehearsal spaces.

Online Option:

- Students are expected to attend in-person as music-making is a community endeavor. To accommodate special cases of illness, travel, or other circumstances, rehearsals will be live streamed via Zoom. If a student needs to attend by Zoom, please call the Choir Office at 314-993-9626 or email info@slccsing.org to inform your student's director in advance.
- Students should visibly participate with their Zoom cameras on with face in full view.
- Students who attend online for more than 3 rehearsals in any 8-week period before a concert, must set up an evaluation with their director to confirm performance readiness.

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Before you leave for rehearsal:

1. Perform a health and wellness check by self-evaluation. Please do not attend rehearsal in person if you don't feel well. To attend, you should have no COVID related symptoms and must be able to answer "No" to the following questions:
 - a. Do I have an above normal temperature?
 - b. Do I feel any flu-like symptoms?
 - c. Have I lost my sense of taste and/or smell?
 - d. Am I or a family member currently awaiting the result of a COVID test?
 - e. Have I had contact with anyone who has been diagnosed with or who likely has symptoms associated with COVID?
2. Use your home bathroom and wash hands thoroughly; restrooms are only for emergencies.
3. Eat a healthy snack as food is not allowed in rehearsal spaces.
4. Bring your own water in a well-marked container.
5. Bring only essential rehearsal-related items (music, pencils, and water bottle).
6. Bring a clean, fresh mask to rehearsal. Disposable masks are recommended and should be replaced each rehearsal. Cloth masks should be clean and fresh for each rehearsal.

Before we sing:

1. Only singers may enter the buildings; lobbies are closed to parents and guests.
2. Singers should arrive 5-10 minutes early and no more than 10 minutes for check in. Singers should always maintain 3 feet of distance from others, when entering, leaving, or waiting to enter rehearsal space, and 6 feet when singing. Only 1 student per couch in the gathering space; please go directly to your assigned rehearsal seats as soon as possible.
3. Singers who attend 90-minute rehearsals must bring warm coats, gloves, and hats for warmth during a brief, mandatory fresh air outside break.
4. Singers wear their own clean, well-fitted mask, regardless of vaccination status, until masks are no longer required. Masks must fit the face properly and completely cover the nose and mouth.
5. Singers must sanitize their hands when entering rehearsal spaces. Sanitizer is provided.

As we sing:

1. For now, SLCC will rehearse with 6 feet of spacing between students. Music Makers will rehearse with 5 feet of spacing. Students must always maintain a minimum of 3 feet of distance.
2. Singers must always wear a well-fitted mask when singing.
3. Students may use restrooms only for emergencies.
4. Powerful HEPA air purifiers will provide optimal air exchange during all rehearsals.
5. There will be a brief, mandatory break for everyone to go outside halfway through each rehearsal. (Does not apply to Music Makers who have a shorter rehearsal time.)

After we sing:

1. Singers will be asked to maintain 3 feet distance from other singers during all choir activities including exiting rehearsal and while in parking lots.
2. Singers will wear a well-fitting mask while exiting the building.
3. Singers are encouraged to hand sanitize when leaving rehearsal.
4. Younger singers will be released directly to their parents waiting outside.
5. Singers may not wait in the rehearsal room after a class.

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General Policies and Information:

- ⇒ Singers and parents agree to uphold these safety guidelines. Parents and singers are responsible for monitoring our students' health and wellness.
- ⇒ Parents and guardians have acknowledged the risk associated with this group activity when they enrolled their student.
- ⇒ Safety comes first. Attendance requirements will be flexible and may be adjusted to take into consideration missed rehearsals for health/safety concerns.
- ⇒ All persons attending rehearsals must be healthy for 5 days before attending rehearsals.
- ⇒ Weekly self-examination as to general health prior to attending rehearsal is required.
- ⇒ If regular rehearsals are suspended for any reason, directors will continue instruction online.
- ⇒ Tuition will not be refunded in the event of online only instruction.
- ⇒ SLCC is committed to timely, transparent communication. We will share information promptly if any situation arises that needs your attention.

Immediately notify the Choir Office (not director as they will be notified by the office) if:

- Your singer has tested positive for COVID.
- A member of your singer's household tests positive for COVID.

Exposure and Quarantine policies:

1. If a singer or family member has been exposed to or is being tested for COVID, the singer should quarantine for 5 days and attend rehearsal via Zoom.
2. If a singer tests positive or is likely positive for COVID, please notify the Choir Office. The singer should isolate and may return to rehearsal 5 days after symptom onset if they are symptom free for more than 24 hours or have received a negative test result.

Thank you for your partnership in providing a safe environment for our students, staff, and community. SLCC will continue to monitor national and local health guidelines and will revise these guidelines accordingly. We encourage everyone to commit to actions both at SLCC, at school, and at home that support our students continued in-person joy of singing.

Thank you for being part of The St. Louis Children's Choirs family!