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*2020 Fall Session*

*COVID-19 SAFETY GUIDE*

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COVID-19, which the World Health Organization (WHO) has declared a global pandemic, has forced all organizations, including choral groups, to review their practices, restructure themselves and put in place important sanitary measures in order to pursue their activities while limiting the spread of the virus.

In this guide, you will find the measures taken by Musicanto to ensure a safe resumption of its activities. These measures are subject to change, depending on the circumstances.

## Benefits of singing in a choir

### **Singing:**

- ♪ Improves breathing;
- ♪ eliminates stress;
- ♪ develops self-esteem;
- ♪ improves posture;
- ♪ exercises memory;
- ♪ develops creativity;
- ♪ improves communication and listening skills;
- ♪ provides an enriching social activity;
- ♪ promotes physical and mental health!

## Sanitary and safety measures

### Musicanto's commitment

Musicanto is committed to putting in place the sanitary measures recommended by the Institut national de santé publique du Québec (INSPQ) as well as to follow the guidelines provided by the Alliance chorale du Québec.

These consist of the following:

- All common areas will be sanitized as well as any equipment that might contribute to contamination;
- The rehearsal area will be set up to ensure a distancing of no less than 1.5 meters between choristers, and no less than 2 meters between the choristers and the musical director;
- An e-mail will be sent prior to each rehearsal in order to assess the health status of choristers and team members;
- A no touch thermometer will be used before each rehearsal to take each chorister's and team member's temperature;
- During rehearsal, once choristers have settled in their assigned places, they may remove their mask. In all other cases, wearing a mask will be required;
- Access to the water fountain in the rehearsal room will no longer be permitted;
- In rehearsal areas, should it not be possible to wash one's hands with soap and water, a gel that contains at least 60% alcohol must be used;

- The Musicanto team will supervise the choristers' arrival and departure. Details will be provided at an upcoming meeting to parents wishing to register their child.

## Duties and responsibilities of parents

Prior to each rehearsal, it is the parents' duty to ensure strict adherence to the following regulations:

1. The child must not attend a rehearsal if living with someone suffering from the symptoms of COVID-19 or waiting for related test results.
2. The child must not attend a rehearsal if he or she, or any person living under the same roof, has travelled outside of Canada in the last 14 days. This restriction applies for 14 days following their return.
3. The child must not attend a rehearsal if suffering from any of the following symptoms:  

Fever, coughing, shortness of breath or difficulty breathing, sore throat, loss of taste or smell, extreme fatigue, significant loss of appetite, general muscular pain, vomiting, nasal congestion or runny nose, diarrhea, stomach ache or nausea.
4. Parents must inform us by e-mail or text message, no later than noon on the day of rehearsal, that their child is free of symptoms. If no such confirmation is received, the child will not be allowed to attend rehearsal.

## Responsibility of the choristers

- To provide their own material (binders, pencils, erasers, small nutritional snacks, bottles of water) in order to avoid sharing.
- To provide their own disinfectant gel and wipes.
- To provide their own mask (at least double thickness).

*(The content of this text is largely based on the document "Guide – Pratiquer en toute sécurité " of l'Alliance chorale du Québec.)*

## Conclusion

Musicanto will strictly adhere to the prevention measures recommended by the Institut national de santé publique du Québec.

**The cooperation of each and everyone is essential in order to ensure the safe pursuit of our activities!**

**Thank you.**