



Guidelines for Maintaining a Healthy Environment During In-Person Choir sessions

Prior to rehearsal:

- All participants must complete the questionnaire regarding their health, recent contacts and recent travel. This should be done online in advance of the rehearsal.
- All participants bring their own mask, music, pencil, drink container, chair, and music stand (optional) as required. Participants may also bring their own hand sanitizer.
- Sanitize all surfaces to be used (door handles, light switches, piano, etc.) The Little Red Church will sanitize Restrooms before and after rehearsal.

Rehearsal start:

- All participants sanitize hands on entry.
- Maintain 2m physical distancing around entrance/exit and during the session.
- Take attendance for contact tracing, including a verbal check for questionnaire completion.

During rehearsal:

- Participants wear masks during rehearsals.
- Touch as few surfaces as possible.
- Maintain physical distancing throughout practice: 2m to either side, in front and behind.
- Re-sanitize hands whenever touch face; eat or drink; cough or sneeze; visit bathroom.
- Singers face forward as much as possible.
- One-at-a-time in the washroom.
- Greater physical distancing for Wendy and Sean.
- Keep exterior doors and windows open for ventilation where possible.
- 15min break for ventilation and optional mask break at 35 minutes mark. Participants to go outside or to their cars.
- Participants should be reminded to cough or sneeze into their elbow or a tissue.
- Participants should be reminded to try not to touch their eyes, nose and mouth. (Vocal or physical exercises should not involve face touching or excessive physical movement.)
- When moving around, use directional distancing as well - stay on the right, give way whenever possible.

After rehearsal:

- All surfaces sanitized, including handrails, door handles, light switches, etc.
- Sanitize bathrooms (LRC to complete), any utilized LRC chairs, pews, tables, shared music stands, piano benches, piano lids and piano keys, shared pens and equipment
- All participants sanitize hands before leaving.