

AYS 2020-21 COVID MITIGATION PROTOCOLS

Latest revision – August 13, 2020

Objective

This document is intended to provide guidelines for AYS staff, musicians, and their families regarding our “Return to Rehearsal” plan for the AYS 2020-2021 season in accordance with current state and local health restrictions and/or recommendations. **Revisions to this plan are likely and will be noted when by date when they occur. As understanding of the COVID-19 virus expands, the AYS staff and board will continue to work diligently to maintain the health and safety of our musicians and their families.**

Foundation

AYS believes it is important to the well-being youth musicians to return to group music rehearsal when safe to do so. We recognize there will be variations in what settings will be best suited for each musician. This may lead to inequities; however, AYS endorses the idea of returning students to group music rehearsal where it can be done safely. Accommodations will be made when possible to assist vulnerable individuals are better able to participate.
This plan was created in consultation with the Municipality of Anchorage, the Anchorage School District (ASD), and the Alaska Schools Activity Association (ASAA). It utilizes the recommendations of the Int. Coalition of Performing Arts Aerosol Study's and the best practices of symphonies and music education organizations around the world.

Plan Highlights

AYS rehearsals will follow the **RISK LEVELS**, as designated by the Anchorage School District, at any given time. Refer to the procedures listed below for each level of risk. We will monitor the risk level and inform AYS musicians and families of the current risk level via the weekly email each Friday evening at 6 pm. Should the risk level change over the weekend, an update will be sent out ASAP.

In order to reduce the overall risk to musicians, the following steps will be taken and must be followed regardless of risk level.

1. AYS Musicians will be divided into assigned cohorts to reduce exposure and to simplify a variety of procedures we will use to help ensure our musicians’ health and safety. When possible, cohorts will be made up of musicians from the same school and/or family group. Cohorts will rehearse separately in certain situations. These cohorts will be representative symphonic groups when possible (ie: sinfoniettas) to maintain the symphonic educational experience.
2. Socializing may only occur within social-distancing guidelines and within your own cohort. (Individual cohort requests can be made by emailing ed@alaskayouthorchestras.org)
3. Hand sanitizer will be widely available, and use will be required prior to entering any rehearsal space. Touch points will be reduced and/or eliminated as much as possible. Sanitizing wipes will also be made available and their use required. Gloves are optional.
4. Appropriate Face Coverings (see recommendations below) will be required at all times and must be provided by the musician. Woodwind and brass instrumentalists will be required to use appropriate face coverings with a “playing slot”. (see instrument management and face covering recommendations below)
5. Pre-screening for COVID symptoms will be required the morning of every rehearsal using an online screening tool. (NOTE: pre-screening link currently in development)
6. The AYS attendance policy will be adjusted to reflect individual health needs and online attendance options will be made available for those unable to attend rehearsal in person.
7. Rehearsal will be shortened to 2 hours (exact time TBD, likely 4:30-6:30 pm) with no group breaks and no food/water provided. Musicians will take individual breaks and may bring their own food/water.

Please note: “Vulnerable individuals” are defined by CDC as people age 65 years and older and others with serious underlying health conditions, including , but not limited to, high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune systems are compromised such as by chemotherapy for cancer and other conditions requiring such therapy. It is recommended that vulnerable individuals and those living with vulnerable individuals; including AYS staff, musicians, and volunteers, consult with their health care provider to determine whether group rehearsal is appropriate for them. Request for reasonable accommodations will be considered in accordance with the Americans with Disabilities Act and Alaska law.

PLEASE NOTE: Expanding knowledge of COVID-19 transmission could result in significant changes to these protocols. AYS will communicate more information as it becomes available.

AYS 2020-21 Season	Low Risk Minimal Transmission (<5 cases per 100,000 population)	Medium Risk Moderate Transmission (5-10 cases per 100,000 population)	High Risk Widespread Transmission (10 cases per 100,000 population)
Weekly Rehearsals	<p>AYS musicians will rehearse together in a socially distant format.</p> <p>Chairs will be setup in a socially distant format and identified by musician’s name. Appropriate sanitary precautions taken will be taken during setup and throughout rehearsal.</p> <p>Please review “INSTRUMENT MANAGEMENT” below for specific requirements.</p> <p>Low Risk Rehearsal steps:</p> <ol style="list-style-type: none"> 1. Complete online screening the morning of rehearsal. If you pass the screening – attend rehearsal as assigned, if you do not pass the screening – notify AYS via email and attend rehearsal via zoom if well enough to do so. 2. Arrive at rehearsal at the designated arrival time and place, wearing an appropriate face covering (see guidelines) and maintaining social distance. Sanitize your hands upon arrival. 3. Go directly to your assigned chair with your instrument and music stand. 4. Setup your stand, unpack and begin to warmup. Woodwinds and brass setup “puppy pad” to collect condensation. 5. Remain in your chair as other cohorts arrive. 6. Bathroom breaks should be taken one at a time with social distance. 7. When rehearsal ends, pack up your instrument and stand, but remain in your chair until your cohort is dismissed. If you have a plexiglass divider, please wipe it down at this time with the provided sanitizing wipe. If using a “puppy pad” take it with you to throw away. 8. When dismissed, wipe down your chair with the provided sanitizing wipe. 9. When leaving please maintain social distance. 	<p>AYS musicians will rehearse in their assigned cohort, in a socially distant format.</p> <p>Chairs will be setup in a socially distant format and identified by musician’s name. Appropriate sanitary precautions taken will be taken during setup and throughout rehearsal.</p> <p>Please review “INSTRUMENT MANAGEMENT” below for specific requirements.</p> <p>Medium Risk Rehearsal steps:</p> <ol style="list-style-type: none"> 1. Complete online screening the morning of rehearsal. If you pass the screening – attend rehearsal as assigned, if you do not pass the screening – notify AYS via email attend rehearsal via zoom if well enough to do so. 2. Arrive at rehearsal at the designated arrival time and place, wearing an appropriate face covering (see guidelines) and maintaining social distance. Sanitize your hands upon arrival. 3. Go directly to your assigned chair with your instrument and music stand. 4. Setup your stand, unpack and begin to warmup. Woodwinds and brass setup “puppy pad” to collect condensation. 5. Bathroom breaks should be taken one at a time with social distance. 6. When rehearsal ends, pack up your instrument and stand, but remain in your chair until your cohort is dismissed. If you have a plexiglass divider, please wipe it down at this time with the provided sanitizing wipe. If using a “puppy pad” take it with you to throw away. 7. When dismissed, wipe down your chair with the provided sanitizing wipe. 8. When leaving please maintain social distance. 	<p>In person rehearsals will stop.</p> <p>AYO will meet online via Zoom during rehearsal. Virtual programming has been created in consultation with youth symphonies throughout the nation.</p>
Concerts	<p>Concerts will take place in a venue large enough to maintain social distance between musicians.</p> <p>Face coverings required for all who are able to use them.</p>	<p>Concerts will take place with no spectators via web streaming.</p> <p>Musicians will perform by cohort, rather than in a large group.</p>	<p>Concerts will take place online in the form of a celebration.</p>

	<p>Attendees will purchase assigned seats in family groups which will be arranged with social distance in the hall.</p> <p>Web streaming will be available for a fee.</p> <p>Musicians, staff, and volunteers must all complete the pre-screening process in order to attend.</p> <p>Attendees should not attend if they have experienced any of COVID-19 symptoms as listed by the CDC within the previous 72 hours.</p> <ol style="list-style-type: none"> 1. Complete online screening within 24 hours of the concert. 2. Arrive at the concert during your cohort's designated time wearing a face covering and maintaining social distance. Sanitize your hands upon arrival. 3. Unpack your instrument in your cohort's designated area and proceed to your assigned chair with your instrument and music. 4. Only woodwinds and brass should remove face coverings once reaching their seats. 5. Remain in your chair as other cohorts arrive. 6. When the concert is over, remain in your chair until your cohort is dismissed. Please wipe down your chair, stand, and plexiglass divider (if applicable) with the provided sanitizing wipe prior to exiting the stage. 	<p>Musicians, staff, and volunteers must all complete the pre-screening process in order to attend.</p> <ol style="list-style-type: none"> 1. Complete online screening within 24 hours of the concert. 2. Arrive at the concert during your cohort's designated time wearing a face covering and maintaining social distance. Sanitize your hands upon arrival. 3. Unpack your instrument in your cohort's designated area and proceed to your assigned chair with your instrument and music. 4. Only woodwinds and brass should remove face coverings once reaching their seats. 5. Remain in your chair as other cohorts arrive. 6. When the concert is over, remain in your chair until your cohort is dismissed. Please wipe down your chair, stand, and plexiglass divider (if applicable) with the provided sanitizing wipe prior to exiting the stage. 	
<p>Pre-Rehearsal Screening</p>	<p>Prior to attending rehearsal musicians and parents/guardians must sign a waiver of liability related to COVID-19.</p> <p>All staff and musicians must be screened via our online screening tool before attending each rehearsal.</p> <p>Attendance records will provide contact tracing information in the event of a confirmed exposure.</p> <p>Screening will take place online through a standard process and must be completed within 24 hours of each rehearsal.</p> <p>Anyone with a temperature of greater than 100.3 degrees or with positive symptoms reported will not be allowed to participate in rehearsal, should self-</p>	<p>Prior to attending rehearsal musicians and parents/guardians must sign a waiver of liability related to COVID-19.</p> <p>All staff and musicians must be screened via our online screening tool before attending each rehearsal.</p> <p>Attendance records will provide contact tracing information in the event of a confirmed exposure.</p> <p>Screening will take place online through a standard process and must be completed within 24 hours of each rehearsal.</p> <p>Anyone with a temperature of greater than 100.3 degrees or with positive symptoms reported will not be allowed to participate in rehearsal, should self-</p>	<p>In person rehearsals will stop.</p>

	<p>isolate, and contact their primary care provider or other health-care professional.</p> <p>In the event of a musician being unable to attend rehearsal due to pre-screening, musician will be provided with online rehearsal tools to participate from a distance.</p>	<p>isolate, and contact their primary care provider or other health-care professional.</p> <p>In the event of a musician being unable to attend rehearsal due to pre-screening, musician will be provided with online rehearsal tools to participate from a distance.</p>	
Limitations on Gatherings	<p>Musicians will be grouped into cohorts with members of their family and musicians from the same school whenever possible.</p> <p>Musicians/Staff/Volunteers should maintain a minimum of 6 feet distance from others.</p> <p>Musicians will arrive and depart in cohorts at assigned times.</p> <p>Face coverings should be worn whenever possible.</p> <p>Plexiglass dividers will be used for all woodwind and brass instruments</p> <p>Spectators will be allowed with social distance.</p>	<p>Musicians will be grouped into cohorts with members of their family and musicians from the same school whenever possible.</p> <p>Rehearsals will take place by cohort in separate locations.</p> <p>Musicians/Staff/Volunteers should maintain a minimum of 6 feet distance from others during rehearsal.</p> <p>Face coverings should be worn whenever possible.</p> <p>Plexiglass dividers will be used for all woodwind and brass instruments</p> <p>No spectators will be allowed.</p>	No gatherings will occur.
Facility Cleaning	<p>Cleaning and disinfecting must be conducted in compliance with CDC protocols or, in lieu of performing the CDC cleaning the facility maybe shut down for at least 72 hours followed by disinfecting of all common services. https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html</p> <p>Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.</p> <p>Each musician must bring their own music stand weekly</p> <p>Woodwinds and brass players must bring a “puppy pad” to collect their expelled condensation and take it with them to throw it away.</p> <p>Chairs and plexiglass (if applicable) will be wiped down thoroughly before & after each use with provided sanitizing wipes.</p>	<p>Cleaning and disinfecting must be conducted in compliance with CDC protocols or, in lieu of performing the CDC cleaning the facility maybe shut down for at least 72 hours followed by disinfecting of all common services. https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html</p> <p>Hand sanitizer will be plentiful and available to individuals as they transfer from place to place.</p> <p>Each musician must bring their own music stand weekly</p> <p>Woodwinds and brass players must bring a “puppy pad” to collect their expelled condensation and take it with them to throw it away.</p> <p>Chairs and plexiglass (if applicable) will be wiped down thoroughly before & after each use with provided sanitizing wipes.</p>	
Individual Hygiene	<p>Wash your hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before entering rehearsal at any time.</p>	<p>Wash your hands for a minimum of 20 seconds with warm water and soap or hand sanitizer before entering rehearsal at any time.</p>	

	<p>Appropriate clothing/shoes should be worn at all times</p> <p>Sneeze or cough into a tissue, or the inside of your elbow.</p> <p>Avoid touching your face.</p> <p>Bring your own water bottle. Water bottles must not be shared. Food should not be shared.</p> <p>Musicians should refrain from any physical contact and maintain at least 6 ft of distance.</p>	<p>Appropriate clothing/shoes should be worn at all times</p> <p>Sneeze or cough into a tissue, or the inside of your elbow.</p> <p>Avoid touching your face.</p> <p>Bring your own water bottle. Water bottles must not be shared. Food should not be shared.</p> <p>Musicians should refrain from any physical contact and maintain at least 6 ft of distance.</p>	
<p>Instrument Management and Face Covering Guidelines</p>	<p>Face Coverings – a well-fitting mask should have no gaps and cover the nose.</p> <p>Woodwind and Brass Masks – All woodwind and brass musicians should use a mask while playing that includes a small slit in a surgical style mask. This mask should be reserved for rehearsal only and not be worn in other settings.</p> <p>Bells Covers for Winds and Brass – AYO will provide protective bell covers for all wind and brass instruments to use throughout the season. Bell covers must be used in every AYO rehearsal setting.</p> <p>Strings – face coverings should be worn at all times during rehearsal unless prevented by a health condition (arrangements must be made with staff in this case). Instruments, bows, music, etc. should not be shared.</p> <p>Woodwinds – Face covering with a slit should be worn at all times. Plexi glass shields may be provided for each musician.</p> <p>Brass – Face covering with a slit should be worn while entering. Plexi glass shields may be provided for each musician.</p> <p>Percussion - Face coverings should be worn at all times. Musicians should avoid sharing equipment and accessories whenever possible.</p>	<p>Face Coverings – a well-fitting mask should have no gaps and cover the nose.</p> <p>Woodwind and Brass Masks – All woodwind and brass musicians should use a mask while playing that includes a small slit in a surgical style mask. This mask should be reserved for rehearsal only and not be worn in other settings.</p> <p>Bells Covers for Winds and Brass – AYO will provide protective bell covers for all wind and brass instruments to use throughout the season. Bell covers must be used in every AYO rehearsal setting.</p> <p>Strings – face coverings should be worn at all times during rehearsal unless prevented by a health condition (arrangements must be made with staff in this case). Instruments, bows, music, etc. should not be shared.</p> <p>Woodwinds – Face covering with a slit should be worn at all times. Plexi glass shields may be provided for each musician.</p> <p>Brass – Face covering with a slit should be worn while entering. Plexi glass shields may be provided for each musician.</p> <p>Percussion - Face coverings should be worn at all times. Musicians should avoid sharing equipment and accessories whenever possible.</p>	