

RECOMMENDATIONS FOR A HEALTHY CHOIR PRACTICE DURING COVID19 - HYGIENE AND PREVENTION GUIDE.



Amb el suport de:

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The five pillars to prevent the spreading of COVID19 infection during choir rehearsals are:

1. **People suffering from illnesses or showing symptoms** can not take part in rehearsals.
2. A good **hygiene** (hand wash) and use of face mask.
3. **Avoid physical contact** between people and keep the security distance.
4. **Do not share** music sheets, instruments or equipment.
5. Rehearse in a **suitable space** with an area proportional to the number of assistants.

If you wish to start rehearsing, make sure you are able to comply with these recommendations.

Only perform musical activities if you are sure they will not contribute to an increased risk of infection.

For a face to face concert during the pandemic, a specific risk prevention plan for this activity should be developed.



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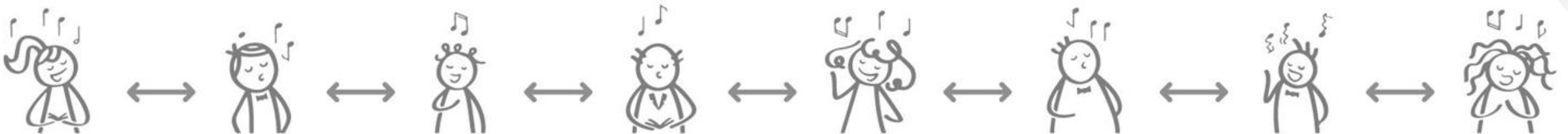


REMEMBER:

Attendance to rehearsal is voluntary and at your own risk.

The choir board and management should consider the possibility of guaranteeing and facilitating telematic rehearsal to singers who can not or wish not to join in person during the pandemic.

Do not attend the rehearsal if you have any symptoms, even if they are mild, or have been in contact with anyone who has tested positive. Symptoms are: fever, cough, general malaise, fatigue, muscle or body aches, difficulty breathing, diarrhea, loss of smell or taste, chills, sore throat, headache or chest pain.



SINGERS' CLASSIFICATION DEPENDING ON THE RISK OF INFECTION:

- If you have passed the infection and are immunized: you can join the activity.
- If you have not passed the infection and are not immune: you are at risk of infection
- If you are in home or work contact with a person who is positively ill with COVID19: you will join after quarantine.
- If you are sensitive to COVID 19 (at risk population): you will be the last to join. In case of infection, you would suffer more severe symptoms than the others. You should wait for the evolution of the pandemic and the vaccine application.

In either case, everyone needs to follow the prevention recommendations, as there is no evidence people who have gone through the disease cannot become infected again.

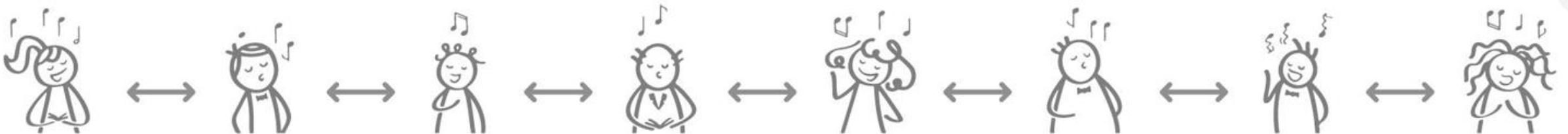


PREVENTIVE MATERIAL:

- Surgical masks: It is also advisable for the conductor and musicians to wear a screen or goggles.
- Disposable tissues or towels, also in the toilets.
- Containers for discarding tissues and towels.
- Hand soap and hydroalcoholic gel.
- Spray with 0.1% sodium hypochlorite solution (bleach).

0.1% bleach: one bleach cap per half a liter of water.

- Disinfectant tray.
- Laser thermometer.



PREPARING THE REHEARSAL ROOM:

- Nominate one person who is responsible for the health and safety of the group.
- Mark each singer's place during rehearsal.
- Ventilate all areas (before, during and after).
- Disinfect the room and all surfaces before and after the rehearsal:
 - Plastic: alcohol 70%.
 - Metal and wood: 0,1% bleach solution.
- Supply alcohol based hand sanitiser, single use tissues or paper towels and a laser thermometer.
- Install a disinfectant tray in the entrance.



ACCÉS A L'ASSAIG:

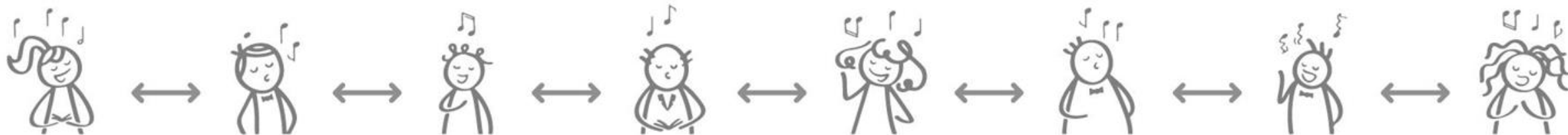
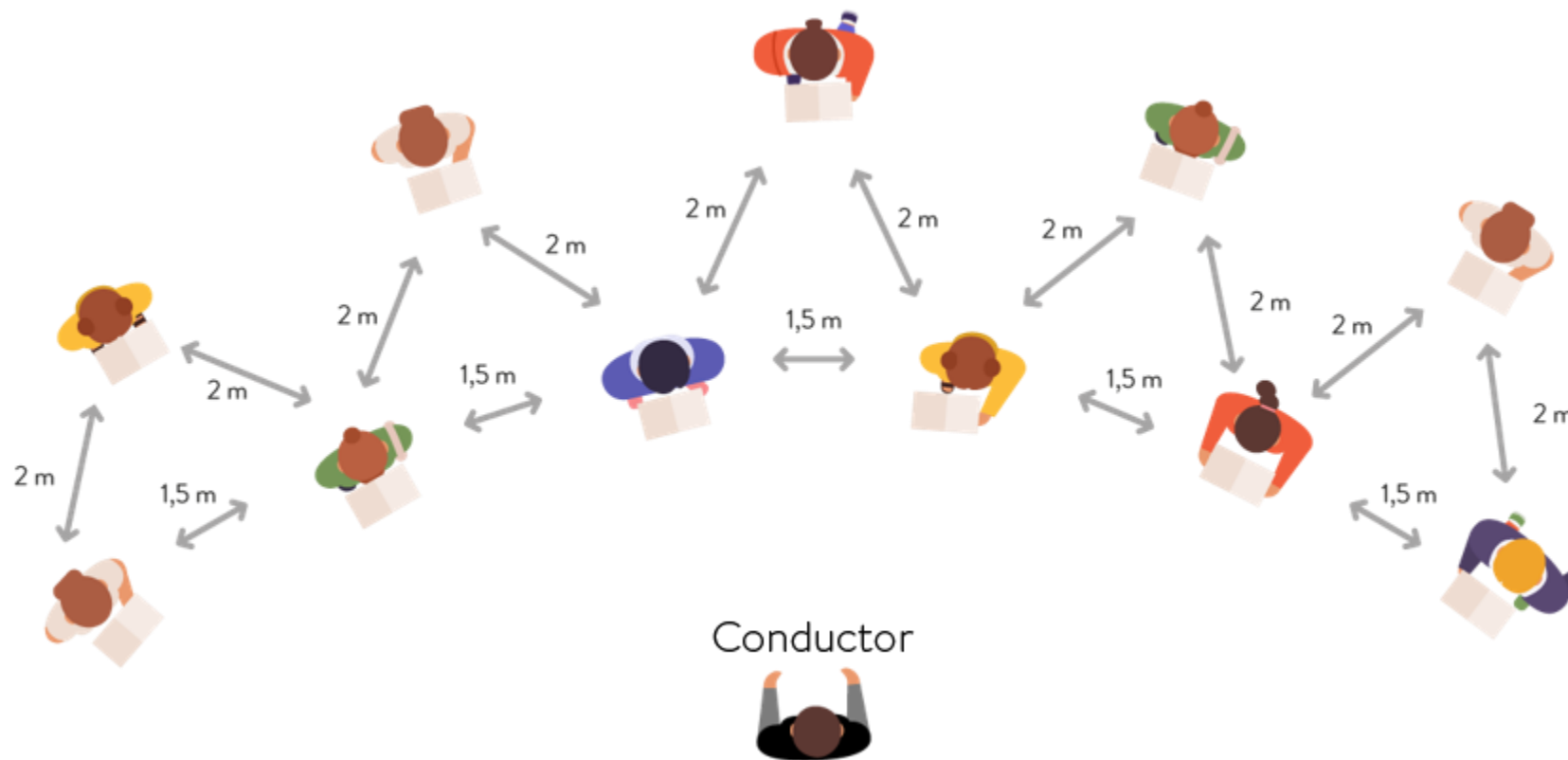
- Temperature checks must be carried out on all singers.
- Hands must be sanitised when entering and leaving the room using water and soap or hydroalcoholic gel.
- Disinfect your shoes in the disinfectant tray placed in the entrance. You can also use disposable paper or plastic foot covers.
- Mask must be worn at all times. Conductor and musicians will wear it as well i, opcional, pantalla facial o ulleres de protecció
- keep the security distance: 1,5mt between singers and 2mt between rows, avoiding que les persones de la primera fila quedin just davant de les de la segona (see next page).



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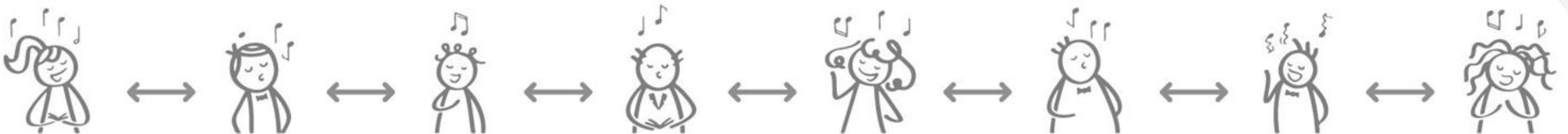


REHEARSAL ROOM DISTRIBUTION:



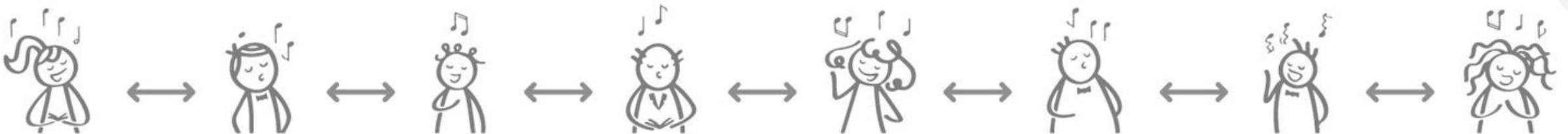
ACCESS TO REHEARSAL:

- All rehearsals must be standing. You will breath better and it will make cleaning easier.
- Do not share music sheets, material or instruments.
- Rehearsal time can not exceed 30 minutes and there must be 15 minutes between rehearsals to allow the room to ventilate.
- Make a list of everyone in attendance.
- Avoid using toilets and rest areas.



EXTERNAL PEOPLE ACCESS TO THE REHEARSAL:

- Avoid the entry of external people who are not indispensable.
- If they are required to access, apply the same entrance protocol to the venue as you apply to choir members.
- Activities carried out by external companies such as cleaning, must be carried out outside rehearsal hours.



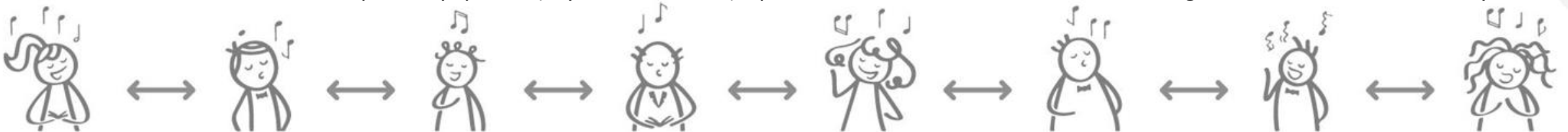
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Cleaning: water and soap or commonly used home detergents.

Disinfection: there is evidence that coronavirus is inactivated on contact with different types of disinfectants:

- **Bleach:** it is recommended to make a 1:50 dilution of the usual bleach (concentration around 5%). To be prepared daily, it should be left to act for a few minutes to ensure effective disinfection
 - 20 ml of bleach x 1 liter of water
 - 1 part bleach x 49 parts water (toilets)
 - 1 part bleach x 99 parts water (other surfaces)
- **Ethyl alcohol** between 62-71%, can be obtained directly or from the usual ethyl alcohol which is 96%
 - 70 ml of alcohol x 30 ml of water (69% alcohol is obtained)
 - 5 parts of ethyl alcohol of 96° x 2 parts of water (70.6% alcohol is obtained)
- **0.5% hydrogen peroxide:** can be obtained by diluting the usual hydrogen peroxide which is 3% hydrogen peroxide with water
 - 1 part hydrogen peroxide x 5 parts water
- Other disinfectant products authorized to be used by the general public and also for environmental purposes.
- Towels impregnated with 70% propyl alcohol or a clean cloth dampened with 70% alcohol can be used to disinfect computer equipment (keyboards, mice ...). Special disinfection of the material must be guaranteed at least once a day.



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Areas and points where cleaning and disinfection need to be intensified:

- Switches and bells (electronic devices) .
- Handles and knobs in doors, windows, cupboards and filing cabinets.
- Railings and handrails of stairs and lifts.
- Tables and chairs.
- Pianos, instruments and lecterns, specially if they are used by more than one person.
- Computers, specially keyboards and computer mice.
- Taps and toilets.
- Other surfaces or frequent points of contact.

It is advisable, when possible, to keep the doors open.



RESPONSABILITATY DOCUMENT FOR CHOIR SINGERS

..... I have received the information and training, and I understand and accept the recommendations for a healthy choral practice during COVID19, included in the Guide of hygiene and prevention, as well as the commitment to stay at home and not attend the rehearsals even though the symptoms shown were only mild.

Date: / /2020

Signature:



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The Covid-19 Risk Prevention Plan for the activity of Choral Singing, conforms to the "GUIDE OF GOOD PRACTICES FOR THE RESUMPTION OF THE STAGE AND MUSICAL ACTIVITY IN SPAIN" of the National Institute of Performing Arts and the Music of the Ministry of Culture and Sport of Spain dated 12/06/2020.

This document is signed by all the choral federations of Catalonia and the confederation "Moviment Coral Català".

Presented to the DIRECCIÓ GENERAL DE CULTURA POPULAR I ASSOCIACIONISME I ACCIONS CULTURALS on 20/05/2020, for evaluation in the PROCICAT.



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