

DO NOT ATTEND REHEARSAL IF:



**YOU HAVE BEEN IN CONTACT WITH ANYONE WITH
A CONFIRMED COVID-19 DIAGNOSIS IN THE LAST 14
DAYS.**



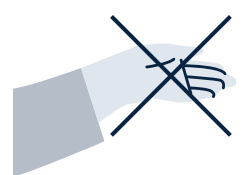
**YOU CURRENTLY HAVE ANY OF THE FOLLOWING
SYMPTOMS:**

- **FEVER (100.4 AND ABOVE) OR CHILLS**
- **COUGH**
- **SHORTNESS OF BREATH**
- **FATIGUE**
- **MUSCLE OR BODY ACHES**
- **HEADACHE**
- **LOSS OF TASTE OR SMELL**
- **SORE THROAT**
- **CONGESTION OR RUNNY NOSE**
- **NAUSEA OR VOMITING**
- **DIARRHEA**

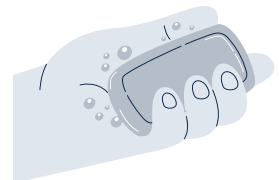
Guidance for Safe Rehearsals/Lessons!



Practice Good Hygiene



Stop hand shakes and use **non-contact greeting methods**



Wash hands **regularly** for at least 20 seconds; Use sanitizing wipes after contact with **shared equipment or instruments**; Shower and wash **immediately** following rehearsals/performances.



Disinfect surfaces like doorknobs, music stands, and shared equipment



Avoid touching your face and cover your coughs and sneezes



Increase ventilation by opening windows, adjusting air conditioning, or turning on a fan



Students/participants must bring their own water/beverage to consume. **No shared fountains/stations/coolers may be used.**

Sanitize Regularly

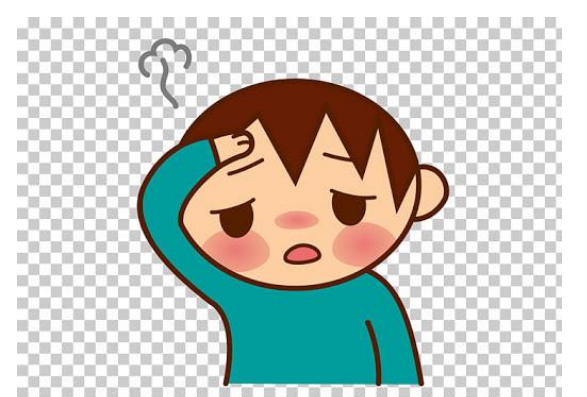
Teachers/instructors should **sanitize** shared equipment or instruments before and after each lesson/rehearsal

Students/participants are encouraged to use sanitizer **before and after** any shared equipment is used

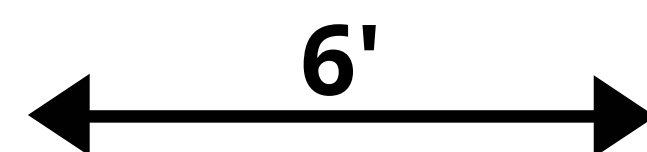
High touch areas (doorknobs, light switches, phones, arm rests, etc.) should be **sanitized daily** if not more often

Stay home if...

- You are **feeling sick**
- You have a **sick family member** at home



Practice Social Distancing



- No carpooling to and from rehearsals
- Parents must remain in their cars or drop off and pick up students before and after rehearsal

- Practice social distancing as much as possible. Maintain six-foot interval when learning music
- Place case/instrument/personal items at the center of your designated space

SOURCES: CDC.GOV | NFHS.ORG

Practice

Social Distancing

- No carpooling to or from rehearsals.
- Parents must remain in their cars, or drop off and pick up students before and after rehearsal.
- Practice social distancing as much as possible. Maintain six-foot intervals when learning music. Drill and field formations should space students at least three step intervals (22.5" per step) apart.
- Place your case/equipment and personal items at the center of your space, making sure it is not touching another space. Do not put items in other students' spaces.



Stop the Spread

Facemasks are encouraged.

Wash hands regularly and/or utilize hand sanitizer, especially after touching a surface.

Bring your own hand sanitizer.

Do not touch your face.

Do not share instruments/drum sticks/color guard props, etc.

Disinfect your instruments per NFHS/CDC Instrument Cleaning Guidelines.

Bring your own water. Hydration stations will not be available.

Do not bring food to share.

Survey for symptoms, including a temperature check, at home before coming to rehearsal.

Anyone with symptoms of illness should not attend rehearsal.

Shower and wash your rehearsal clothing immediately upon returning home.