

DISCLAIMER

The following guidance document is based on the preliminary results of the University of Colorado International Performing Arts Aerosol Study.

The final results of this 5-6 month study will be released in November-December 2020. Preliminary results were released due to the impending resumption of rehearsals this fall.

This guidance document has been submitted to the Office of the Chief Medical Officer of Health for Nova Scotia but **has not yet received the endorsement of that office.**

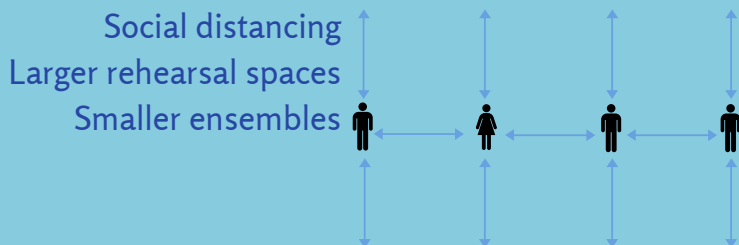
The NSBA is sharing this information in order to inform your planning for a safe return to music making this fall.

BAND REHEARSALS

DURING
COVID-19

GUIDANCE FOR COMMUNITY BANDS AND HONOUR ENSEMBLES

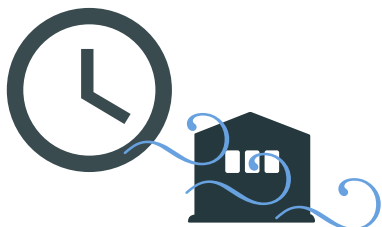
SPACE 6X6 FEET



TRANSITION TIME

Shorter rehearsals

Time between rehearsals
for sanitation and air
ventilation.



EQUIPMENT

✓ WEAR A MASK. EVEN WHEN PLAYING

✓ USE A BELL COVER

✗ DON'T SHARE MATERIALS

SEE THE NSBA GUIDANCE FOR BAND
REHEARSALS DURING COVID-19
DOCUMENT FOR DETAILS.





NOVA SCOTIA BAND ASSOCIATION

Guidance for Band Rehearsals during COVID-19

ADVOCACY STATEMENT

During the COVID-19 pandemic, the vital role that music and the arts plays in maintaining a sense of community and emotional well-being has become abundantly clear. Music provides people of all ages the opportunity to be creative, innovative and collaborative. It provides opportunities for life-long intellectual, social and emotional growth. It informs our understanding of the world, its people and its cultures. Music nourishes the growth of exceptional human beings.

The need for continued music making opportunities is essential. The NSBA believes that a return to in-person music-making, in ensembles, is crucial and that it can be done in a safe and effective way.

INTRODUCTION

The recommendations presented in this document are based on information presented by the research team conducting the University of Colorado International Performing Arts Aerosol Study. The initial preliminary results from this study were released on July 13, 2020 followed by a second round of preliminary results on August 6, 2020. This study focuses on the distribution of respiratory aerosols that are released while playing wind and brass instruments, singing, acting, speaking, dancing, and during a simulated aerobic activity. This is a 5-6-month study, but preliminary results for wind and brass instruments were released to help guide decisions for the safe return to music classrooms. The study will then enter a phase of deeper research and finalize results. **The NSBA's recommendations for safe rehearsal protocols could be changed as more definitive results from this study become available. It is highly recommended that you continue to stay apprised of the most current information available.**

More information about the study can be found [here](#).

GUIDANCE AND RECOMMENDATIONS FOR SAFE REHEARSALS

SPACE

- Social distancing of 6x6 feet.
- Social distancing of 9x6 feet for trombone players due to the extension of their instruments.
- All musicians should be in straight rows, facing the same direction.
- Rehearse outside when possible.
- If you are using a tent for outdoor rehearsals the sides of the tent must remain open at all times and the tent should have a high-pitched ceiling.
- For indoor rehearsals find the largest room possible. The size of your rehearsal space will determine the number of players possible for each ensemble. (Explore gymnasiums, arenas, churches.
- If possible windows should be open during rehearsal and during ventilation periods.
- **IMPORTANT:** The safest indoor rehearsal space will be the most optimal combination of space and ventilation you can find.
- The size of an ensemble will be determined by the social distancing protocols listed above.
room dimensions ÷ social distance = number of players
- Entry and exit to the rehearsal space and storage room(s) should be through separate doors if possible. If a single door must be used then one way traffic should be arranged.

TIME

- Rehearsals should be limited to segments of 30 minutes of playing time.
 - A ventilation period that allows for one complete air change should take place between each indoor rehearsal segment. A ventilation period of 5 minutes should take place between each outdoor rehearsal segment.
- NOTE: A rehearsal could consist of a number of different small ensembles or one ensemble with ventilation breaks throughout the rehearsal.
- Encourage ensemble members to warm-up before arriving in order to use each 30 minute playing block most effectively.
 - Consult with your building manager to ascertain the air exchange rate and air filtration capacity of your building's HVAC system. Details on ventilation during COVID-19 can be found [here](#).
 - Make sure that the HVAC system in your building is running during your scheduled rehearsal time. (Many public buildings turn off HVAC systems in the evenings and/or weekends.)

- Use of supplementary HEPA air filters during ventilation periods is recommended.
- Each player should sanitize their chair and stand with a disinfectant wipe and dispose of water collection materials before exiting. A 70% alcohol wipe is recommended.
- A list of Government of Canada approved hard-surface sanitizers can be found [here](#).

EQUIPMENT

- Masking is essential – *Mask the player, Mask the instrument*.
- Masks must be worn properly at all times. (Masks must cover both mouth and nose.)
- No talking without a mask.
- Wind players should wear a surgical style mask with a slit in it while playing. If an instrument cannot be played through a slit in a mask the mask should be placed on the chin while playing and replaced over mouth and nose when not playing.
- Flute players can play with their head joint under their mask. See [here](#).
- The conductor should wear the highest quality mask available at all times.
- Face shields are not recommended and are ineffective in reducing the spread of tiny aerosol droplets. They do not prevent aerosols from being inhaled.
- Plexiglass barriers between players are not recommended as they inhibit effective ventilation by HVAC systems.
- Covers should be placed over instrument bells. Bell covers should be made of non-stretchy material that has a Minimum Efficiency Reporting Value (MERV) of 13 – a rating known to protect against cough and sneeze, bacteria and virus particles. However, any type of covering is better than nothing.
- Flute players can use a “flute sock” attached to the foot. See [here](#).
- The conductor should use a microphone and speaker to reduce aerosol production through loud talking.
- Collect spit valve contents using a puppy pad (or similar). These should be discarded by each player at the end of rehearsal.
- Players should follow current international instrument cleaning guidelines. See [here](#).
- Instruments should not be shared.
- Percussionists should have their own sticks and mallets.
- Large instruments that must be shared (piano, percussion, electronics etc.) must be sanitized after each use.

- If it is necessary for the conductor to touch a players instrument (setting a reed, minor repairs etc.) the conductors hands should be sanitized before touching the instrument and after.
- Sheet music should not be shared and should be distributed electronically if possible.
- Use of music folio cabinets is strongly discouraged.
- Wind players should take their instrument and music home between rehearsals.

OTHER CONSIDERATIONS

- Consider recording concerts and presenting virtually via live stream or Youtube.
- Consider presenting concerts outdoors. (Physical distancing rules would apply for audience members.)
- Consider supplementing rehearsals with online workshops/clinics. The NSBA clinician registry would be a useful way to connect with potential clinicians. See [here](#).
- Explore the use of flex band scores.
- Keep in mind that this is a fluid situation. Protocols may change as more definitive information becomes available or the public health situation changes. It would be prudent to have plans in place for online/virtual music making just in case.
- Contact NSBA with questions and/or concerns. We will help if we can!
<http://novascotiabandassociation.com/>

DOCUMENTS

1. International Performing Arts Aerosol Study Statement of Work:

<https://www.nfhs.org/media/3812357/risk-of-transmission-instrument-playing-vsfinal.pdf>

2. Preliminary Recommendations from International Performing Arts Aerosol Study Based on Initial Testing Results. July 13, 2020. <https://www.nfhs.org/media/4029971/preliminary-recommendations-from-international-performing-arts-aerosol-study.pdf>

3. International Performing Arts Aerosol Study, Information about how the study was conducted, preliminary results and general considerations. July 13, 2020.

<https://www.nfhs.org/media/4029969/preliminary-testing-report-7-13-20.pdf>

4. Association for Heating, Ventilating and Air-Conditioning Engineers (ASHRAE) guidance on ventilation during COVID-19: <https://www.ashrae.org/technical-resources/resources>

5. Hard-surface disinfectants and hand sanitizers (COVID-19): List of disinfectants with evidence for use against COVID-19. Government of Canada. July 17, 2020 <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

6. COVID-19 Instrument Cleaning Guidelines. NFHS, NafME, NAMM. April 24, 2020. <https://www.nfhs.org/articles/covid-19-instrument-cleaning-guidelines>

7. Ontario Agency for Health Protection and Promotion (Public health Ontario). COVID-19 Transmission Risks from Singing and Playing Wind Instruments – What We Know So Far. Toronto, ON: Queen’s Printer for Ontario; 2020
<https://www.publichealthontario.ca/-/media/documents/ncov/covid-wwksf/2020/07/what-we-know-transmission-risks-singing-wind-instruments.pdf?la=en>

8. International Coalition of Performing Arts Aerosol Study Round 2. August 6, 2020. <https://www.nfhs.org/media/4119369/aerosol-study-prelim-results-round-2-final-updated.pdf>