



NSBA Performance Mask Sewing Instructions

The Nova Scotia Band Association Performance Mask is designed for amateur and professional musicians, for rehearsals and concert use. It is based on research at the University of Colorado – Boulder, that was financially supported by the NSBA.

The mask's two overlapping pieces of fabric can be opened for most brass or woodwind mouthpieces. Flute, percussion and string players should use a standard mask instead of this performance mask.

The mask pattern is colour co-ordinated for small, medium, large and extra-large sizes. We kept the design pretty simple to make it accessible to novice and experienced sewers, using a sewing machine or hand stitching.

We recommend using a fabric with a little stretch – we used cotton jersey – to avoid top stitching the mask's edges. Non-stretch materials will likely fray over time.

The mask should be washed after each use and reused; you might want to make more than one, so you have clean ones to use while others are in the wash.

The NSBA Performing Mask should be used along with other public health measures intended to limit the spread of COVID-19: social distancing, regular and frequent hand washing, and limited face touching.

Materials

- Printed pattern
- Desired fabric- We suggest a jersey knit or something heavier with stretch
- Fabric marker or pencil/pen
- Ruler
- Scissors or rotary cutter
- Pins

Suggested Fabric

To allow the mouthpiece to easily pass through the mask, we suggest a fabric with a bit of stretch such as a cotton jersey knit.

Sewing Instructions

Print the pattern and cut it out along the colour-coded lines for the size you want.

Fold the fabric in half with the right sides of the fabric facing each other.

Pin the pattern to the fabric and cut around the edges of the pattern. This will give you two mirrored cut-outs of the pattern.

Align the cut fabric so that the top of each curve lines up and the bottom creates a straight line. Pin the two layers together, and place both cut-outs on your sewing surface, right side up.

Sew where the fabric overlaps across the top and bottom edges of the mask. Sew as close to the edge (suggested: $\frac{1}{4}$ ") as possible. If you are using stretch fabric, remember to use a stretch stitch. Hand sew with a close, straight stitch if you don't use a sewing machine.

Adding two pleats, one for the nose and one for the chin, can make the mask fit better.

To make the nose pleat, fold the mask in half with the right sides of the fabric facing each other.

Mark or pin the middle at the top and bottom of the mask.

Measure down from the top of the mask, along the crease, and mark the fabric with a pencil, pen or fabric marker:

Small size mask: $1\frac{1}{4}$ " / 3.17cm

Medium size mask: $1\frac{1}{2}$ " / 3.8 cm

Large size mask: $1\frac{3}{4}$ " / 4.4 cm

Extra Large size mask: $1\frac{3}{4}$ " / 4.4 cm

Similarly, measure in from the top corner of the mask, along the crease, and mark the fabric:

Small and medium-size mask: $\frac{3}{4}$ " / 1.9cm

Large and Extra Large size mask: 1" / 2.5 cm

Draw a straight line to connect the two marks you made and sew a straight line between them. This creates the nose pleat.

For the chin pleat, keep the mask folded in half.

Measure up along the bottom of the crease and mark the fabric:

Small size mask: $\frac{3}{4}$ " / 1.9cm

Medium size mask: 1" / 2.5 cm

Large size mask: $1\frac{1}{4}$ " / 3.17cm

Extra Large size mask: 1" / 2.5 cm

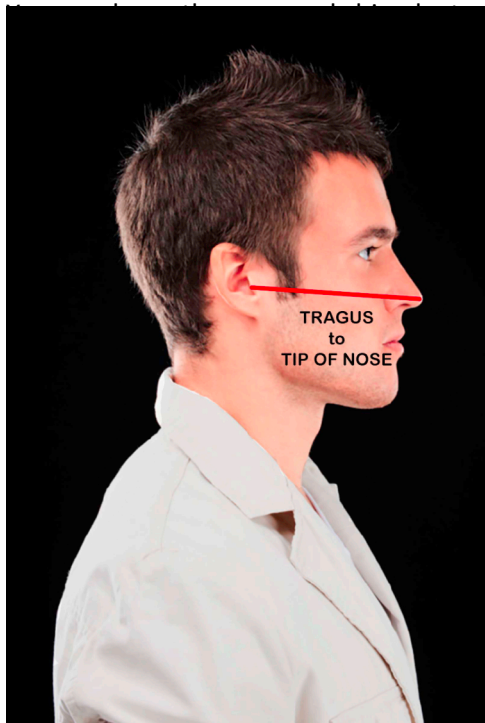
Measure in from the bottom corner of the mask when folded and mark the fabric:

Small- and medium size mask: $\frac{3}{4}$ " / 1.9cm

Large and Extra Large size mask: 1" / 2.5 cm

Draw a straight line to connect the two marks you made and sew a straight line between them.

Optional additions for a tighter or more desired fit



Some players may prefer to use a flat elastic instead of fabric. Suggested sizing pleat placements are marked on the pattern. Size suggestions are 1/2" x 1/2".

Some players may prefer elastic ear pieces instead of fabric. In this case, cut along the vertical line on the pattern. Fold 1/4" (wrong sides together) and press on both sides to make a crease. Fold in another 1/2" (wrong sides together) and press to make a crease. Sew down the first pressed seam to form a pocket for your elastic. Cut the elastic to desired size and feed it through openings on each side.

Sizing Instructions

These measurements are approximate.

Reed players may want to use the size larger and twist the mask's ear openings for more room while playing.

Small: This mask is suggested for players who measure less than 6 1/2" from the tip of their nose to the tragus (the prominence on the inner side of the external ear) of their ear and less than 5 1/4" from the nose bone to under the chin.

Medium: This mask is suggested for players who measure 6 1/2" from the tip of their nose to the tragus (the prominence on the inner side of the external ear) of their ear and 5 1/4" from the nose bone to under the chin.

Large: This mask is suggested for players who measure 6 1/2" from the tip of their nose to the tragus (the prominence on the inner side of the external ear) of their ear and 6 1/2" from the nose bone to under the chin.

Extra Large: This mask is suggested for players who measure more than 6 1/2" from the tip of their nose to the tragus (the prominence on the inner side of the external ear) of their ear and larger than 6 1/2" from the nose bone to under the chin.

The NSBA thanks Hope Gendron and Kate Gillis for developing the mask pattern.

Please understand that any face masks created using this pattern are not a replacement for medical grade Personal Protective Equipment, and in circumstances where medical grade Personal Protective Equipment is recommended, you should consult a healthcare professional. The decision to use this mask is solely your own.