

Preface

The SLC Re-opening Committee has researched and carefully considered possible policies for rehearsing together in person again, keeping in mind above all the safety of our community. We developed this document to reflect our values as a community and extensive information currently available from infectious disease scientists and public health agencies such as the Centers for Disease Control and Prevention, National Institutes of Health, and Washington State and King County health departments. Links to specific sources of information can be provided on request.

We are a warm, welcoming community. We are activists, rebels, strong-minded, independent folks who also understand the importance of solidarity in promoting the common good. We value and respect all members and want all to be as safe as possible in community rehearsals. In our extended community, there are members and family of members who are immune compromised or do not currently have the opportunity to be vaccinated (such as those under 12 years old). In determining guidelines for in-person rehearsals, we have had in mind the need to protect these most vulnerable folks.

We believe these needs of our community, and the special contagion risks of group singing, can require precautions more stringent than those recommended for the larger society in general.

No matter how extensive and strict our precautions are, they will not guarantee zero percent risk of virus contagion at rehearsals. It is each member's individual decision whether to take what we expect will be the very small risk of rehearsing in person. SLC members who need or prefer to avoid in-person rehearsals will continue to have online access to all rehearsals.

The Covid pandemic is an ever-evolving, continuing medical health issue. The committee will do its best to monitor the latest information and will recommend changes to the protocols as appropriate. That might mean more relaxed precautions, but it could also mean closing indoor rehearsals if we believe our community to be at risk.

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As of July 2021, the Seattle Labor Chorus has determined the following to be accurate statements reflecting the science that must guide our rehearsal protocols during the pandemic.

- Singing is a unique activity that involves the forceful release of respiratory droplets into the air, and COVID-19 spreads person-to-person through the air.
- Case studies and scientific research have shown that singing generates 1.5 to 3.4 more aerosol mass than speaking. In other words, singing can release up to three times more aerosol into a room than talking does.

- People can carry and spread COVID-19 who do not show any symptoms and are unaware of having a virus load. There is evidence that this is true of fully vaccinated people.
- The WHO, CDC, Washington State, Seattle-King County, and Keystone Church all set and periodically modify policies for coping with the pandemic. In determining SLC protocols, we will continually monitor and consider those policies as well as current scientific/medical literature,.
- Masks have been documented to help prevent the spread of COVID-19 (as well as other respiratory illnesses).
- The Delta version of the coronavirus is spreading 50% faster than the Alpha version, which was 50% more contagious than the original strain of SARS-CoV-2. The Delta variant is now the major variant across the U.S. For choral singers in these circumstances, masks and physical distance from each other are essential ways to minimize the risk of virus transmission.
- World Health Organization officials, concerned about the Delta variant, have urged even fully vaccinated people to continue wearing masks and taking other precautions. 7/22/21 (The CDC and local public health officials are also starting to advise it. 7/28/21.)

For the reasons listed above, Seattle Labor Chorus will observe the following **protocols and guidelines for in-person rehearsals and outdoor gatherings** until further notice.

1. To attend in-person rehearsals, you must be vaccinated *and* provide proof of vaccination. Please email a photo of a vaccination certificate or certification in another form to the Administrative Coordinator at seattlelaborchorus@gmail.com. (Note: This is not the email address for chorus membership as a whole.)
2. Masks will be required for attendance, either non-venting N95 or singing masks. Information about the two kinds of masks and how to obtain them will be provided to all members.
3. Seats will be spaced 6 feet apart. Our likely rehearsal space will accommodate 20 to 25 singers.
4. Windows will remain open. Please dress accordingly.
5. Singers attending a rehearsal will fill out a checklist of health screening questions. SLC will maintain these records of attendance in case of a known or possible virus exposure and the resulting need to trace contacts.
6. If you, or anyone in your household, have been exposed to COVID, get a COVID test 4 days after exposure, and call the Director before attending the next scheduled rehearsal.

7. If a member has a positive COVID test at any time, that member will alert the Director immediately.
8. Any member who has traveled by plane is asked not to attend an in-person rehearsal for two weeks or to obtain a Covid PCR* test four days after returning to Seattle.
9. Please check each Tuesday for last-minute alerts. Unforeseen circumstances can create a need to cancel indoor rehearsal. We will try to do that no later than 5:00 p.m.
10. SLC is committed to offering a hybrid rehearsal option. We will livestream rehearsals on Zoom.

*A polymerase chain reaction (PCR) test is the “gold standard” for diagnosing COVID-19 because it’s the most accurate and reliable test.

We expect all community members to consider the risk of the community above their own personal desire to attend in-person rehearsals.

Singing masks:

There are masks that are structured that give you some "breathing room" around your mouth and still have a good seal.

RESONANCE masks can be found at

<https://www.mymusicfolders.com/product-category/covid-19-supplies/>

NATS masks can be found at <https://stores.inksoft.com/nats/shop/home>

NIOSH certified N95 masks:

Here is the CDC source for companies making certified masks. NON-VENTING MASKS ONLY thank you!

https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/default.html