

NCC January 2022 COVID Safety Policy

Safety Policy & Precautions

- Our vaccination policy is to focus on full protection for all chorus members from COVID-19. According to the CDC and Vermont health officials, full protection as of January 2022 means primary vaccination with either the one or two-dose series and a one-dose booster. We expect all chorus members to be proactive about following Vermont health officials and CDC recommendations for being fully protected. These requirements may be amended as we continue to monitor CDC and Vermont Department of Health recommendations.
- Masks will be worn at all times while inside the building. At a minimum, cloth masks must have at least (2) layers (preferably 3 layers) and completely cover both the mouth and nose with no gaps. We strongly recommend a KN95, a N95, or a professional singing mask to ensure the best possible combination of sound and safety possible.
- Hand sanitizers will be provided at the door to the rehearsal room.
- Please try to distance yourself from other singers by 3-6 feet whenever possible.
- Attendance will be taken to comply with the need for prompt contact tracing if necessary.
- NCC requires that members follow CDC guidance around how to manage symptoms or exposure:
 - Quarantine if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully protected (currently that means vaccinated and boosted). People who are fully protected do NOT need to quarantine after contact with someone who has COVID-19 unless they have symptoms. However, fully vaccinated people and those who are boosted should get tested 3-5 days after their exposure, even if they don't have symptoms and should wear a tight-fitting mask indoors in public for 10 days following exposure or until their test result is negative.
 - [Here](#) is a handy flow chart to help you in case you aren't clear.
- If you have signs of illness, please do not attend rehearsal.
- I tested positive! What should I do?
 - Stay home until you have no symptoms for 24 hours AND you are testing negative with an antigen test. Because antigen tests sometimes produce false negatives, it is better to wait for two negative antigen tests approximately 24 hours apart. Current CDC recommendations for the fully protected are for a five day stay at home period, and for five additional days secure mask wearing around others.
 - [Here](#) is another handy flow chart that helps illustrate this.

Rehearsal Location

- United Baptist Church in Waterford on Route 5.

Rehearsal Procedures

- To reduce exposure, all registration and membership dues payment will be done in advance, online, via the NCC website www.northcountrychorus.org.
- Vaccine card will be checked at your first rehearsal. You may also email a picture of your vaccination card to northcountrychorus@gmail.com in advance if you prefer.
- Pick up your music packet.
- Because it will be hard enough for Alan to hear us since we will be masked, no talking during rehearsals please. Personal water bottles only.

Personal Responsibility

- I have updated my member page on the chorus website to ensure my contact information is current.
- **I have read this policy and agree to adhere to the precautions and procedures outlined to help us be responsible and healthy as a community.**
- I am fully protected from COVID-19 with a full vaccination course, booster shot, and any additional measures that Vermont Health officials and the CDC are currently recommending for full protection.

Name

Date

[Personal Release BGMC.pdf \(chorusamerica.org\)](#)

[The Decision-Making Process to Return to Live Choral Rehearsals \(chorusconnection.com\)](#)

<https://blog.chorusconnection.com/the-decision-making-process-to-return-to-live-choral-rehearsals>

[Example waiver and protocol form.pdf \(chorusconnection.com\)](#)

[2020-2021+WBFS+Plan+MO-Arts.20-WEB+FORMATb.doc.pdf \(squarespace.com\)](#)

[Musica Sacra - Fall Rehearsals - Google Docs \(chorusconnection.com\)](#)