



Returning to Choir Autumn 2020



These proposals have been written by the Irish Institute of Music and Song with reference to the most recent studies on the spread of COVID-19 and how best to control it. They may be subject to change, in response to the advice of health experts and the government.

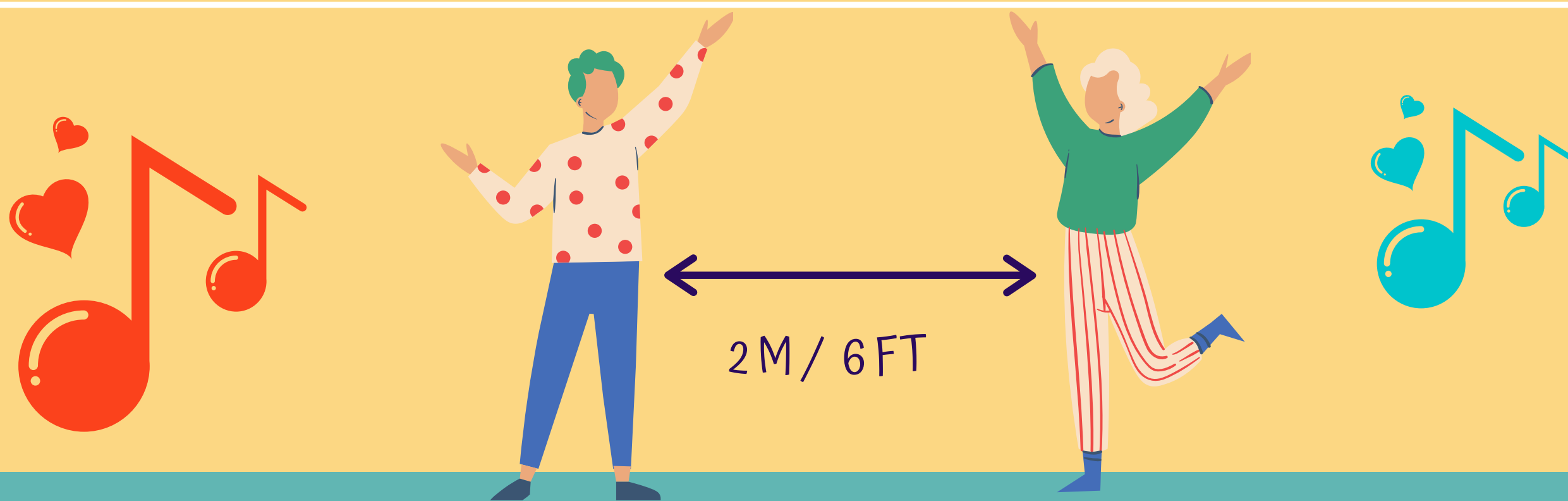


Rehearsing Responsibly

- Students must not attend rehearsal if they are experiencing any symptoms associated with COVID-19, or if they have recently been in close contact with a confirmed or suspected case of COVID 19 within 14 days. See www2.hse.ie/coronavirus for a full list of common symptoms
- All singers must **wash their hands upon arrival** at the rehearsal venue. Soap and water are the most effective cleaning agents, but hand sanitiser will also be available at the door.
- All singers will be **required to wear masks** which cover their mouth and nose during rehearsal. We recommend surgical-style masks, as we have found these the easiest to breathe in, and they cause the least amount of muffling to the voice.
- Singers must **bring all their own scores**, pencils, and anything else they need. We will have some limited spares, but it will not be possible for singers to share materials.
- We will keep our distance from each other during rehearsal, ideally **2 metres apart**.
- The number of singers in the room will be **strictly limited** by the distancing requirements. Rehearsals will be staggered; see next page for a sample timetable.
- We will keep all **windows and exterior doors open during rehearsal** to ventilate the room. Weather permitting, some of the rehearsal will be held outdoors. Singers should therefore **bring appropriate clothing**.
- Every 30 minutes, we will change locations and allow the room to **ventilate fully**.
- We will provide **learning tracks** and other recordings for online learning to supplement the in-person rehearsals. In the event of another lockdown, we can move all rehearsals online.
- We will keep track of **attendance and seating arrangements**, in the event that such information is needed for contact-tracing purposes.



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Sample Rehearsal Schedule Fingal Youth Choir

6:30 - Sopranos and Altos arrive. Musicianship lesson in rehearsal room.

7:00 - Rehearsal warmups begin, outdoors or in a separate room.

7:15 - Sectional rehearsal. Tenors and Basses arrive by 7:45.

7:50 - Rehearsal with full choir, either outdoors, or in downstairs carpark.

8:10 - Break time, singers can socialise outdoors in small groups.

End of rehearsal for Sopranos and Altos.

8:15 - Sectional rehearsal with Tenors and Basses, changing locations halfway.

9:00 - End of rehearsal for Tenors and Basses.

The following week, Tenors and Basses would arrive at 6:30, with Sopranos and Altos joining at 7:45, and so on, alternating each week. Once a month, the full choir will meet at the IIMS campus in Balbriggan, to sing together in an outdoor amphitheatre space. A full schedule will be issued at the beginning of the term.

Check List

- ✓ Check temperature before rehearsals (if above 38 degrees please do not attend)
- ✓ Check for any other Covid related symptoms
- ✓ Check if all materials are packed (scores/ books/pencils)
- ✓ Make sure you have packed your mask (compulsory)

Our proposal is based on the latest research carried out by universities and vocologists, see below for references:

- ✓ <https://www.mh-freiburg.de/en/university/covid-19-corona/risk-assessment>
- ✓ <https://www.singireland.ie/covid-19/sing-ireland-covid-19-update-1>

