



What can I do?: Planning for in-person rehearsals

Actions to take and points to consider		Notes
	Check your temperature and for signs of illness before each rehearsal. If you have a temperature of 99.4 or higher, you should not go to rehearsal.	
	If you have a sore throat or other signs of illness, like a cough, diarrhea, severe headache, vomiting, or body aches, do not go to rehearsal.	
	If you've had close contact, as defined by your local health officials, to a person with COVID-19, you should not go to rehearsal.	
	Identify your chorus or quartet point person to contact if you get sick.	
	Familiarize yourself with local COVID-19 testing sites in the event you should develop symptoms. These may include sites with free testing available.	
	Consider taking a water bottle with your name clearly written on it to practice.	
	Consider discussing with your chorus or quartet point person if you are an individual at increased risk for severe illness.	
	Make sure your contact information and emergency contact information is up to date with your chorus or quartet.	
	Be familiar with your chorus or quartet plan for how they will communicate when a positive case or exposure to someone with COVID-19 is identified and ensure the individual's privacy is upheld.	
	Plan for possible periods of quarantine or return to virtual rehearsal.	
	If carpooling is unavoidable, plan on every individual in the car wearing a mask for the entire trip.	
	At rehearsal, plan to: <ul style="list-style-type: none"> • Wash and sanitize your hands frequently. • Keep physical distance from other singers. • Wear a mask. • Avoid sharing objects with other singers, including water bottles, music, devices, pitch pipes, pens or pencils, books, etc. • Use hand sanitizer that contains at least 60% alcohol. • Consider attaching your mask to a lanyard or bringing a case with your name clearly written on it. 	