



INSTRUMENTAL
MUSIC

COVID-19 Mitigation Plan

Statement from Mr. Knox

With regards to our annual marching band and orchestra camps, we are closely following the guidelines for COVID-19 mitigation from the **Center for Disease Control and Prevention (CDC)** and **World Health Organization (WHO)** in addition to updates & recommendations for the return to normal activity from the **state and national government, Arizona Interscholastic Association (AIA)** and **Vail School District**. These guidelines will allow us to determine the best plan of action to ensure the safety and welfare of our students. In accordance with the AIA's "Recommended Guidelines for Returning to Athletic Activity," we plan to install three (3) detailed plans which align with their three phases of return to athletic activity. Furthermore, with the help of our amazing booster leadership & parent volunteers, we will take all necessary precautions to maintain a healthy environment during band/orchestra activities. For any questions, concerns, or comments, please do not hesitate to reach out to me directly via email: knoxgr@vailschooldistrict.org.

"Stay at Home" or "Shelter in Place" Mandate

In the case of a "Stay at Home" or "Shelter in Place" mandate, **all band/orchestra camps will be cancelled** and the Fall rehearsal/performance schedule for events following the scheduled start of school (Fri., July 24) will remain tentative. The status of all performances (school sporting events, state-sanctioned marching band competitions, etc.) will be dictated by the Vail School District/Cienega High School administration and our respective governing organizations: Arizona Interscholastic Association (AIA), Arizona Marching Band Association (AZMBA), and Arizona Band and Orchestra Director's Association (ABODA).

Phase 1 Return

- Small group activities are permitted for 10 people or less with coach onsite, but public facilities (including gyms) remain closed.
- **All band/orchestra camps will be cancelled.**
 - Remote/online instruction will take place through Schoology via instructional video and individual practice logs.
 - Students will be expected to remain home, continuing to observe all CDC/WHO guidelines for the reduction/prevention of illness contraction and spread.

Phase 2 Return

- Medium group activities are permitted for 50 people or less with coach onsite. Public facilities (including gyms) remain closed, **unless** appropriate distancing AND strict sanitation procedures can be maintained.
- **Band and orchestra camp will proceed, adapted under the following stipulations:**
 - Staggered/small group participation each day by instrument section in order to adhere to occupancy restrictions (detailed schedule will be determined if/when phase 2 becomes mandated).
 - Attendance will **not** be mandatory; all students, staff, and parent volunteers who are considered “high risk” or living with a family member of a high risk group will be encouraged to stay home (at which point, students will follow phase 1 protocol for remote instruction).
 - Extensive monitoring of symptomatic and asymptomatic students through maintenance of COVID-19 symptom log & detailed attendance records
 - If a student shows any symptoms or discloses symptoms or illness, a parent will immediately be called and the student/parent will not be able to return until cleared by a healthcare provider.
 - Rehearsal spaces & shared equipment (chairs, music stands, tuners/metronomes, etc.) will frequently be sanitized and disinfected.
 - Sharing of personal equipment such as instruments, color guard flags, drum sticks, etc. will be prohibited.

Phase 3 Return

- Public training facilities are now open with regular group size permitted. All sports, with and without contact may resume with usual activity.
- **Band and orchestra camp will proceed as normal with the following stipulations:**
 - Social distancing will continue to be enforced during non-rehearsal sessions (water/lunch breaks, team building activities, lecture/non-performance based instruction).
 - Rehearsal spaces & shared equipment (chairs, music stands, tuners/metronomes, etc.) will frequently be sanitized and disinfected.
 - Sharing of personal equipment such as instruments, color guard flags, drum sticks, etc. will be prohibited.
 - Attendance **will** be mandatory; students who are healthy and physically-able will be expected to attend all rehearsals during camps (unless a prior conflict has already been communicated and worked out).
 - In the case of sickness or the appearance of COVID-19 related symptoms, students will be encouraged to stay home and get checked out by a healthcare provider.
 - If a student or their parent considers themselves to belong to a “high risk” group (as defined by the CDC), alternative learning plans which allow students to stay home will be implemented on a case-by-case basis (please contact Mr. Knox individually).
 - Students are encouraged to shower and wash their rehearsal clothing immediately upon returning to home.

Other considerations (under Phase 3 return to activity)

Return to Physical Activity (marching band specific)

- Current pre-season conditioning and acclimatization models assume that participants have deconditioned over the summer months. The current pandemic may result in students being deconditioned for four to five months. As a result, strenuous group physical activity during band camp will be limited to only the essential activities and exercises necessary to the performance success of our students.

Continue to practice good hygiene

- Wash your hands with soap and water or use hand sanitizer, especially after touching frequently used items or surfaces.
- Avoid touching your face.
- Sneeze or cough into a tissue, or the inside of your elbow.
- Disinfect frequently used items and surfaces as much as possible.
- Strongly consider using face coverings while in public, and particularly when using mass transit.

Hydration

- All students should bring their own water bottle; water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) may be utilized but must be cleaned after every practice/performance