

## OCC's Health Protocols – 2025

Participating in an activity such as singing with a large choir brings with it some inherent health risks. The goal of the Outer Cape Chorale's health protocols is to provide information and guidelines regarding ways in which we can all stay as safe as possible and still enjoy the beauty of singing together.

The COVID-19 pandemic clearly brought to light how there is, and always has been, the risk of illness while gathering in large numbers, whether it is due to COVID or another virus. Per the CDC, the best way to protect oneself is with good hygiene: hand washing with soap, using hand sanitizer, coughing or sneezing into your elbow or a tissue, and with vaccinations.

We recognize that conditions and circumstances may change over the course of the season, and that OCC may need to adapt or update our protocols accordingly. Any such changes will be clearly communicated to all singers enrolled in the concert season. Singers will make individual decisions regarding their ongoing participation.

### Participation

- There is no requirement for singers to be vaccinated for COVID or to have received COVID boosters. Singers may participate regardless of vaccination status.
- Singers are encouraged, however, to remain up-to-date with COVID vaccination and boosters, as appropriate for their individual circumstances.

### Rehearsals and Concerts

- Masking is not required. Singers who wish to wear masks are welcome to do so.
- If you have been exposed to a virus and feel well – you may come to rehearsals/concerts, but you must wear a mask.
- If you have been exposed to a virus and have minor symptoms but feel well enough to go to work, volunteer job, grocery store etc. – you may come to rehearsal, but you must wear a mask and sit apart from other singers, in the back or side of the room. Listening to rehearsal allows you to stay up to date with phrasing, markings, announcements, etc. Use your best judgement. Consult with Allison regarding concert participation.

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- If you have been exposed to a virus, have symptoms and/or a fever, stayed home from activities, or simply do not feel well – **Stay home. Do not come to rehearsal. Do not participate in a concert.**

*\*\*\*Exposure generally means you have been within 6 feet in a confined space of someone with COVID-19 (or other virus) for at least 15 cumulative minutes or more over a 24-hour period of time.\*\*\**

- Singers will inform Allison promptly by emailing [info@outercapechorale.org](mailto:info@outercapechorale.org) if they become ill (including illnesses other than COVID) within 3 days of attending a rehearsal. OCC reserves the right to inform other singers if these situations occur.
- Guidelines for returning to rehearsals for singers who test positive for COVID:
  - You do not need a negative COVID test to return to rehearsal. Some people continue to test positive for up to 90 days (with a PCR test).
  - Your first day of symptoms -or- the first day you test positive (whichever comes first) is day 0 (zero). You should be able to return to rehearsal after day 5, unless you do not feel well. You should continue to wear a mask for an additional 5 days.
  - Please consider wearing an N95, KN95 or KN94 mask to rehearsals or concerts. Surgical masks are acceptable. Avoid cloth masks as they do not provide as much protection for you or others.
- As a precautionary measure, the OCC Board will require all singers to take one or more COVID tests prior to and during concert weekend. The specific requirements will be communicated to singers during the rehearsal season.

If you have any questions or concerns, please contact [info@outercapechorale.org](mailto:info@outercapechorale.org).

*Sources: Center for Disease Control, World Health Organization*