



“SERIOUS ABOUT SAFETY” MAKING MUSIC DURING COVID SAFETY PROTOCOLS

Last updated 4.6.21

About these Protocols

These protocols have been written by TRYPO staff and approved by the Board of Directors. TRYPO staff consulted at length with colleagues around the country as well as studied guidelines set by the CDC, Allegheny County Health Department, and PA state requirements. We also included recommendations from the Performing Arts Aerosol Study from the University of Colorado (linked at the end of this document) and consulted with one of the scientists involved in the study in applying the recommendations to our specific set-up.

These protocols are written for our primary venue for the 2020-21 season, the Energy Innovation Center, however they apply to any venue we may use during the season as well.

The possibility of transmission of COVID-19 is very real and given that we have more than 160 students come from more than 70 different schooling scenarios, we feel compelled to do everything possible to mitigate transmission. Our goal with these protocols is to create the opportunity for us to make music safely together – in-person! – and remove as much risk as possible of TRYPO students contracting the virus at a TRYPO event and thereby spreading it to their families, friends, and school classmates and teachers. TRYPO cannot be a ground zero for an outbreak and adherence to these guidelines is required for participation in any in-person activities.

We appreciate so much the understanding, cooperation, patience, and flexibility of our families – those traits are going to be the reason we are able to make music together safely, which is our number one goal!

Screening and Attendance

- Families must notify TRYPO staff if their musician or someone in their family has contracted COVID-19 and their musician has been at rehearsal within a 14-day timeframe after the event. Names will be kept confidential when musicians and staff are notified for contact tracing purposes.
- Musicians should not attend rehearsal if they are sick or displaying any symptoms of COVID-19. Symptoms listed by the Allegheny Department of Health include:
 - Fever
 - Cough
 - Shortness of breath or difficulty breathing
 - Chills
 - Fatigue
 - Muscle pain or aches
 - Headache
 - Sore throat
 - New loss of taste or smell
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

- **UPDATED** Out of state travel: In March 2021, PA lifted its official travel restrictions. In an abundance of caution, TRYPO will still maintain some elevated measures of eligibility after travel. If the musician or volunteer has traveled out of state or out of the country, musicians are not eligible to attend an in-person event unless they have met TRYPO's requirements for eligibility. Requirements for return will be determined solely at TRYPO's Executive Director's discretion as follows:
 - If an unvaccinated student or volunteer traveled out of state via car with low contact following strict safety measures at all times during the travel, TRYPO asks for extra vigilance for symptom monitoring. A negative COVID-19 test is welcome but not required.
 - *Ex of low-contact travel: Car travel from an exclusive pod to an exclusive pod with a high level of caution at all times.*
 - If an unvaccinated student or volunteer traveled out of state with medium-to-high contact during the travel, we will require a negative test result no earlier than five days *after* the home return and/or 10 days quarantine from home return before the student is eligible to attend an in-person TRYPO session. Where possible, the student is encouraged to participate in the virtual session when not eligible for an in-person session.
 - *Ex of medium-to-high contact travel: Plane travel of any kind, participating in a travel sports match out of town, attending a populated event while out of town, etc.*
 - Fully vaccinated students or volunteers (defined as two weeks after the second shot or first J&J shot) can follow guidance for low-contact travel eligibility.
 - PA Department of Health guidance on best practices following travel is located on this page: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Travelers.aspx> and/or
 - Please be aware of international travel advisories as identified by the state department on this page: <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>

Protocols for Positive COVID-19 Cases

- In the event that a TRYPO musician, staff member, or volunteer is found to have tested positive for COVID-19 or exhibits significant symptoms of COVID-19, that individual may not participate in in-person rehearsals and/or performances for at least 14 days.
- TRYPO will follow all guidelines for notification and tracing as outlined by the health department.
- Upcoming sessions/events may be cancelled for a 14-day period to ensure that any possible exposures are prevented.
- The individual must meet the following conditions before returning to any TRYPO in-person programming:
 - There are no signs of symptoms for at least 14 days, and no use of fever-reducing medicine AND
 - At least 20 days has passed from symptom onset.

Before an Event

- **UPDATED** Please always practice good communication with TRYPO about attendance!
 - **RSVP Form for Stand-alone Events:** Follow whatever guidance is stated to RSVP ahead of your event and submit it by the stated deadline.
 - **Attendance for Recurring Rehearsals:** TRYPO staff will assume the student is attending hybrid or virtual rehearsals according to their current roster placement unless they have notified TRYPO staff via the online Attendance Request Form for absences known ahead of time. Last minute absences due to illness onset are always acceptable and the student may instead attend the Virtual Session. Please always communicate with TRYPO staff so that we can have accurate seating charts!
 - **Online COVID Disclosure and Waiver Form:** Prior to attending an in-person event, parents must submit an online COVID Disclosure and Waiver Form. The form must be submitted in "The Red Zone" time frame (typically a window of 24 hours ending four hours before the start of the event) and must be re-submitted for every event. The form cannot be submitted earlier than "The Red Zone" time frame.
- If the musician or volunteer develops any symptoms between submitting the form, and leaving the house, please stay home and notify TRYPO staff.

- The temperature of the musician/volunteer should also be taken immediately before leaving the house. If there is a temperature of 100.4 or above, please stay home and notify TRYPO staff.

About the Energy Innovation Center

We are excited to introduce you to this amazing space and we are so grateful to Pittsburgh Gateways Corporation for having us in residence this season! There are some pretty awesome things about this building and new relationship:

- A huge room: We will be primarily using a 5,000 square foot space, so we will have lots of room to spread out.
- Centrally located: Located at 1435 Bedford Avenue, just a few blocks from Duquesne University, this building will be the same commute you were used to having at Duquesne.
- Lots of parking: the building has quite a few parking spots which may frequently be available for us. Should the lot be full, there is not only plenty of street parking, but the arena lots are also just across the street.
- Public transportation: There are bus stops nearby!
- Not to mention: Pittsburgh Gateways Corp and the Energy Innovation Center are super awesome, innovative entities and we are excited to be involved with them!
- Did you know? A TRYPO alum made the introduction!!

Arriving at the Energy Innovation Center

- Please follow posted signs or direction by TRYPO staff or volunteers when arriving as to traffic pattern in the parking lot.
- Before musicians and/or volunteers can enter the building and before drivers may leave, TRYPO staff will take the musician's temperature and verify that we have received the COVID disclosure and waiver form. Anyone with a temperature of 100.4 degrees Fahrenheit or higher will be unable to participate in the event.
- Check-ins will all take place outside the building prior to entry. Parents, musicians, and volunteers should maintain six feet of distance between themselves and others and TRYPO staff for everyone's safety.
- If drivers would like to stay in their car, they should drop off their musician and wait for a successful temperature screening (thumb's up from TRYPO staff) prior to departure. Parking is available in the lot next to the building (first come first served), at meters on the street near the building, and across the street in the arena parking lots. Cars may not idle or park on Bedford Avenue in the front of the building during rehearsals as this is an active road and we will not block traffic.
- If more than one rehearsal or event is scheduled on the same day, events will have a staggered start time to allow for student check-in and screening in a safe manner.

Inside the Energy Innovation Center

- For the safety of all musicians and staff, family members will not be allowed to enter the building unless they have accepted a volunteer assignment. Volunteers must follow the same protocols as musicians.
- Musicians and volunteers: Please follow directions regarding entrances and exits and possible one-way traffic at the Energy Innovation Center.
- Musicians must use hand sanitizer before heading to their rehearsal space. All musicians will sit in their assigned seat. Musician chairs will be set by TRYPO staff. Musicians should go directly to their chair. Belongings and cases will stay next to your assigned chair.
- TRYPO will not loan out any equipment during rehearsals.
- Musicians must bring their own music stand to use. String players will not be sharing stands.

- Musicians must bring their own pencil. Do not lend your pencil to another musician.
 - All string players must bring their own rosin. Do not lend your rosin to another musician.
 - Cellists and Bassists must bring their own rock stop or end pin stopper, which are required at the Energy Innovation Center.
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- The length of individual reading session rehearsals will be 60 minutes. We anticipate that future rehearsal lengths will be as follows:
 - Groups that only involve strings/keyboard/harp/percussion may rehearse for up to 90 minutes.
 - Groups that include winds and brass will rehearse for 40 minutes on, 20-minute silent break (no playing, no talking, to allow for air to change in room) then another 40 minutes on.
 - Musicians are asked to use the restrooms at home. Restrooms at the Energy Innovation Center should only be used for emergencies, and only after notifying a TRYPO staff member. Musicians must observe posted signs for use and a bathroom log will be maintained for possible contact tracing. Handwashing and sanitizing protocols must be strictly followed!
 - Percussion students should bring and use their own mallets and small instruments. Students will be provided sanitizing wipes and must wipe down TRYPO mallets, equipment, and instruments before and after rehearsal, and/or before another student uses the item in question.
 - TRYPO staff will be sanitizing all chairs and hard surfaces after each group's rehearsal. A 60-minute break will be allotted between all rehearsals in each space to allow for air change and sanitizing during the changeover.
 - At the end of rehearsal day, musicians will pack up and leave the building in an orderly fashion. Musicians will not be allowed to congregate inside the building. Pick-up must occur within 20 minutes of the end of the scheduled rehearsal.
 - Distancing is required for all students, staff, and volunteers; everyone will work to maintain at least 6 feet of distance to reduce potential virus transmission.
 - **To and from all other areas:** Maintain 6 feet of distance and prepare yourself to exercise patience in order to do so. A good rule of thumb: if a bassoon couldn't fit between you and someone near you, then you need to adjust your spacing. Take note of any Enter, Exit, or Maximum Occupancy signs posted.
 - **In rehearsal:** At this time, we are anticipating 6 feet between masked individuals (strings/percussion/keyboard/harp) and 10 feet between individuals wearing a musicians' mask while playing (woodwinds and brass – see below for more details about musician's masks).
 - **Chairs may not be moved.** If you are having difficulty seeing your conductor, which is unlikely in a distanced rehearsal, adjust your music stand and posture, but NOT your chair.
 - Masks are required at all times for all students, staff, and volunteers; to be worn effectively, covering the nose and mouth, with a comfortable but secure fit. Secure your mask before leaving your vehicle. Should you need to briefly remove your mask, for example to take a drink of water, first ensure you are a safe distance from your peers. Should your mask accidentally fall and touch the floor, please immediately ask TRYPO staff for a disposable mask to wear instead and launder your mask as soon as you can. Cloth masks must be laundered in between uses!

Woodwind and Brass PPE

To reduce the risks of aerosol spread explored in the Performing Arts Aerosol Study (results linked under Additional Resources at the end of this document), all wind and brass players must take extra steps to mitigate aerosol transmission in the rehearsal room. Please see Additional Resources for details on how to purchase or sew your instrument PPE (Personal Protective Equipment). As always, if the extra expense of Instrument PPE is a hardship, TRYPO will assist in making sure you are taken care of! Woodwind and brass musicians must upload a

photo of their PPE set-up before they can RSVP for a reading session. TRYPO staff will be in touch if your set up requires adjustment. If a musician forgets their instrument PPE, they cannot play during a rehearsal.

Musician Masks: All wind and brass players are required to use musician masks while playing. A musician mask is a mask that can be worn while playing and helps to contain some/most of the aerosol spray from blowing into an instrument. There are several options:

- Disposable surgical style mask with a slit. (See photo in Additional Resources)
- A cloth overlapping mask. Available for purchase, or you may make your own. (See photos and web links in Additional Resources)
- Flutes players should use a side slit mask. Available for purchase, or you may make your own. (See photos and web links in Additional Resources)

Bell covers: All wind and brass players are required to use bell covers while playing. Woodwinds may opt to use an instrument bag in lieu of a bell cover.

- Standard bell covers for all winds and brass are available for purchase, or you may make your own. (See photos and web links in Additional Resources)
- French horn bell covers should have either a slit or a sleeve. (See photo and web link in Additional Resources.)
- Woodwind players may opt for an Instrument Bag instead of a bell cover. Available for purchase, or you may make your own. (See photos and web links in Additional Resources)

Condensation: In addition to physically spacing out in rehearsals and utilizing instrument bags/bell covers to decrease risk of aerosols, potential virus particles in condensation/spit collecting in woodwind and brass instruments is another concern to address.

- Water keys may only be emptied onto a disposable puppy pad which will be provided at each rehearsal. Musicians are expected to dispose of their pad themselves before leaving the building. When emptying valves, brass musicians should lower the instrument as close to the disposable pad as you can, to avoid aerosol spread from the spit valve.
- Woodwinds, please take great care when swabbing to ensure any moisture from your instrument gets contained by a personal use rag or disposable pad. If you get to rehearsal and realize you do not have your personal use rag or pad, please ask TRYPO staff for a disposable pad.
- (Yes, these disposable pads are designed to house-train puppies, but are now being used by university and professional ensembles to make music together safely!)

Instrument PPE Approval: Your instrument PPE set up must be approved ahead of time before you may come to a rehearsal. You will be required to submit a photo of your Instrument PPE and all elements of your Instrument PPE are required at all in-person events in order to participate.

In Between Rehearsals/Events

- Please be sure to keep your instrument and belongings clean! See Additional Resources for tips on cleaning your instrument!
- Please launder your cloth full masks, musician masks, bell covers and/or instrument bags every single time. Do NOT shove the mask in your case and forget about it from week to week!

Evolution of this Document

This is just our first draft of this document! We expect that as we all learn new ways to keep all of us safe – as well as learn about our new venue! – these protocols will evolve!

Additional Resources

Aerosol Research:

Performing Arts Aerosol Study (links to preliminary and second round results, YouTube presentations, FAQs, and more): <https://www.nfhs.org/articles/unprecedented-international-coalition-led-by-performing-arts-organizations-to-commission-covid-19-study/>

Links/Info about required supplies*:

Folding Music Stands

- Many students like the [Peak Music Stands](#) (\$35):
- There are many kinds of [wire music stands](#) (not as sturdy, but as cheap as \$12):

Strings: make sure you have stocked up on your rosin and instrument supplies (i.e. back-up strings). If you play Cello or Bass, be sure to have an endpin anchor or endpin stop, which is required at the Energy Innovation Center! These can be purchased at your local music store or online. Here are a few options:

- <https://www.resonanceviolins.com/>
- <https://www.volkweinsmusic.com/>
- <https://www.johnstonbaughs.com/>
- <https://www.sharmusic.com/>

Instrument Cleaning:

- String instrument cleaning tips from American String Teachers Association: https://www.astastrings.org/Web/Resources/Instrument_Cleaning_Tips.aspx
- Woodwind and Brass cleaning guide from French Ministry of Labour: <https://itemm.fr/innovation/wp-content/uploads/2020/07/WOOD-BRASS-WIND-INSTRUMENT-ITEMM-CSFI-EN-1.pdf>

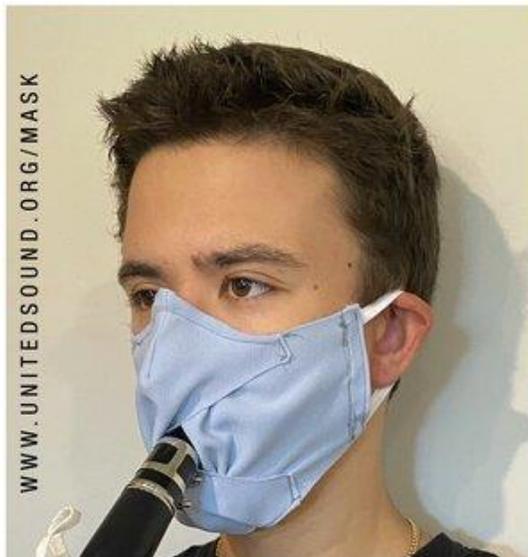
Instrument PPE Photos and Links

Musician Masks for Winds/Brass:

- How to slit a disposable surgical style mask (All woodwinds and brass except flute):



- Cloth re-usable overlapping mask – picture below. (All woodwinds and brass except flute):
 - Available for purchase [HERE](#).
 - Sewing pattern available for download [HERE](#).



Flute Side-slit cloth mask (Photos are of acceptable types of side slit cloth masks)

- Found on ETSY [HERE](#):
- Pattern and tutorial available [HERE](#):



Bell covers:

- Most bell covers available for purchase [HERE](#)
- French horn bell cover: Elastic slit version available for purchase [HERE](#)
- French horn bell cover: Sleeve version available for purchase [HERE](#)



Instrument bags: Woodwind players who opt for instrument bags instead of bell covers.

- Available for purchase [HERE](#).
- Sewing pattern available for download [HERE](#).

