

## Guidelines for Meeting Safely with North Metro Music Education

As of January 2022, our Safety Guidelines are amended to the following:

- Participants are responsible to practice healthy hygiene such as hand washing, covering coughs and sneezes, and not touching your face. Soap and running water, or sanitizing stations will be available.
- Families will have the option to drop off and pick up students at an exterior door.
- Anyone who chooses to wear a mask will be respected. Masks may be recommended, depending on the health climate in our area. Masks are not required.
- Participants should not share personal items such as instruments or food/drinks. Each participant should bring his/her own water. \*\*\*students should be reminded that they **may not play each other's band instruments**.
- All staff and volunteers will be given a copy of our safety guidelines.
- Anyone who is sick, exposed to someone who is sick, or who is uncomfortable should not attend class.
- Anyone who has been exposed to COVID (15 minutes in a 24 hr period within 6 ft or in the same household with someone who has tested positive for COVID), may return to class 5 days after the last exposure, if they have NO SYMPTOMS. If this person chooses to take a COVID test, it must be at least 5 days after the last exposure and receive a negative test result.
- If anyone has symptoms, they may return when they meet ALL of the following:
  - At least 10 days have passed since the symptoms first appeared AND
  - At least 24 hours have passed since the last fever without the use of fever-reducing medications AND
  - Symptoms (e.g., cough, shortness of breath) have improved.
- If anyone has a positive COVID test and did NOT have symptoms, they may return when they meet ALL of the following:
  - At least 10 days have passed since the positive laboratory test AND
  - They remain asymptomatic
- If any student begins to show symptoms while at an NMME event, their parents will be called to come get them. Any adult showing symptoms will be asked to return home. If severe symptoms are presented, staff will call 911.

Thank you for your understanding.