

Bishop Shanahan

EAGLES

Marching Band

Summer Rehearsals:

Health and Safety Plan

INTRODUCTION

This document is intended to guide the Bishop Shanahan Eagles Marching Band Program on recommendations for the reopening of our band program during the COVID-19 Pandemic in accordance with [Governor Wolf's Guidance for All Sports to Operate during the COVID-19 Disaster Emergency Document](#), which permits PK-12 schools under the PIAA to resume athletics in counties designated in the Yellow and Green phases of the [Process to Reopen Pennsylvania](#).

The Marching Band will follow the same protocol designed for the Athletic Department. Each band member must fill out the parent waiver before participating. [Covid Parent Waiver](#) . Each band member must complete the Band screening form before every practice and at most 2 hours before the practice. [Band Screening Form](#). Please familiarize yourself, along with your child, the Athletic Reopening plan before filling out the form and before rehearsals. [Reopening Plan](#)

Thank you for your understanding and your cooperation during these unique times. Hoping and praying for a blessed, safe, and extremely musical 20-21 school year.

Chuck Keating

Director of Bands

Marching Band Reopening Planning

Bishop Shanahan Submission to the Office of Catholic Education

Primary Point of Contact

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July 22 Re-Opening

Temporal Scans

- Two (2) thermometers will be available for Mr. Keating and Ms. Sweeney to take temperatures when the students arrive for practice.
- Students with a temperature above 99.5° using the temporal thermometers will be asked to leave. Mrs. Dellicompagni will follow up and walk them through the return to play protocol.
- Symptom screening google sheets will be sent to all students. They must fill it in once every 24 hours and at most 2 hours prior to practice.
- Link to symptom screening that will be filled in by the students: [LINK](#)

Locker Room

- Closed until further notice
- When open frequent cleaning during the day and at night by the maintenance staff
- When open social distancing and limit number of students allowed into the space

Hydration Process

- All students must bring their own water bottles. Water bottles must not be shared. Students will be encouraged to bring large water jugs if possible.
- All individual water fountains have been disabled. Five water stations with bottle fillers will be installed.

Schedule

- Marching Band will begin on Wednesday July 22, 2020
- Marching Band will meet once a week until August from 5:30 – 8:00
- Marching Band Camp will meet August 10-14, 3-9
- **Band Camp Information (Upon approval)**
 - **Camp Dates:** July , 22, 29 August 5,22 and 29: 5:30-8:00pm
 - **Band Week:** August 10-14: 3pm-9:pm
- **MUSIC PARENTS MEETING : VIA Zoom more information to follow**
- **All students need to bring sneakers, snacks, dinner, and bottled water.** We will be rehearsing marching and playing during these rehearsals. Students with no experience are welcome. There is no charge for

summer band. You need only to fill out the form by July 21st , 2020. This will allow for the staff to make the necessary arrangements.

GENERAL CONSIDERATIONS

- All summer rehearsals in the yellow and green phase while highly recommended are voluntary.
- While there is still an inherent risk of infection for those participating, everyone in attendance should be actively working toward decreasing the risk of transmission to others.
- While participating in the Band activities all students must practice social distancing and keep 6' apart
- When arriving to practice the students must wear a face mask at all times except while playing their instruments
- Events will be scheduled to ensure adequate time for all participants to leave the facility before the next group arrives. As a result, everyone should arrive and leave at the scheduled time to avoid overlap in groups.
- All members should clean individual equipment (personal and school-issued) and clothing after every use.
- Directors/Staff should clean all team/shared equipment after every use.

CONSIDERATIONS FOR STAFF

- Moderators must screen and monitor students for symptoms prior to and during practices. If individuals participating in practices and camp who show symptoms, have a temperature of 99.5° or higher, or are sick, they must be sent home.
- Moderator will take the temperatures.
- If a student registers a high temperature or two or more COVI 19 symptoms they must immediately leave the practice
- If the student cannot leave immediately, the student will be quarantined in the isolation area.
- Students who are sent home on isolation must provide a negative COVID test to return to school and or practice.
- All staff must wear a face mask at all times.
- Design activities that focus on increasing risk mitigation strategies (social distancing, hand hygiene, etc.).
- Seek guidance from school nurses and/or athletic trainers on educational strategies for student-performers.
- Design activities to resume in a gradual fashion to avoid overuse injuries and exertional/heat-related illnesses.
- Break time may need to be increased and/or staggered to accommodate social distancing, and frequent hand sanitizing

CONSIDERATIONS FOR BAND MEMBERS

- Gradually work up intensity of activity.
- Communicate all health and fitness-related concerns with directors and staff immediately.
- Band members should arrive prepared to go and avoid congregating before the rehearsal. Band members should leave immediately following the rehearsal.
- Band Members must arrive with an adequate hydration supply. Coolers, shared water bottles, and use of water fountains will not be permitted.
- Activities that increase the risk of exposure to saliva will not be permitted including chewing gum, spitting, licking fingers, and eating sunflower seeds.
- When indoors brass members must empty water key into their own personal towel and should immediately sanitize their hands.

PRE-WORKOUT PROCEDURES (ALL PHASES)

- All members and staff in attendance must complete screening prior to each rehearsal.
 - Anyone with positive findings on screening should not attend (even as a spectator). Staff should not allow members to return until they are given the ok by the Band Director
 - Directors and Staff will continually monitor screenings and reach out to anyone with positive findings with further instructions.
 - Directors and Staff must review the screening report at the start of each rehearsal and confirm that everyone in attendance has completed a screening survey that day.
- Staff must maintain accurate attendance of each workout and maintain records showing students have filled in the Google Symptom monitoring form and keep track of temperature monitoring for each practice
- Members and Staff should use hand sanitizer and/or wash hands prior to the start of workout and if needed throughout practice and/or at breaks.
- Each band member must have their own personal water bottle and a face covering to participate.

SCREENING PROCEDURES

- Any member or staff who believes they may be sick should remain at home.
- A screening survey should be completed (**no sooner than two hours prior to rehearsal**) the same day as a rehearsal. Members and staff may not remain on campus if the screening survey is not completed.

- Band Members should complete screening in consultation with parents.
- If 'yes' to any question or you are concerned that you may be ill, remain home.
 - The Director or APSA will contact parents of members who have answered 'yes' to any questions.
 - At a minimum, students (and any members of their household) will need to be withheld from rehearsal for 72 hours. Additionally, students may need to be cleared by a physician to return depending on severity and length of symptoms.
- Members who previously were diagnosed with COVID-19 and have since recovered should receive clearance from treating health care provider and notify directors and staff so an appropriate return to play plan can be established.

GATHERING SIZES

The following phases will be used in conjunction with the state of Pennsylvania's yellow and green phase restrictions on gathering limitations and building occupancy and the Bishop Shanahan Pandemic Plan. During the yellow and green phases of reopening, sports related activities and marching band at the PK-12 level are limited to student members, directors, and staff only.

RED - No activities are allowed in counties designated as being in the Red phase.

YELLOW - Groups of 25 or less (including staff).

GREEN - Groups of 250 or less (including staff).

Limiting Phase of the Bishop Shanahan Pandemic Plan

- Conditioning, Individual Training, and Group Training with focus on limiting contact.
- Group Sizes
 - Outside
 - Yellow Phase- Groups of 25 or less (including staff)
 - Green Phase- Groups of 250 or less (including staff)
 - Rehearsals should be contained within each caption, section or sub sections if possible. These caption groups should remain together for all activity and intermingle with other caption groups as little as possible.
 - Six foot distance between all members as often as possible
- No group huddles.
 - Instruction should be given in a way that maintains appropriate social distancing.
 - Stretching, warmups, and warm downs should be done in a way that maintains appropriate social distancing.
- No band locker room use.
- Restrooms should be used one at a time if needed. Restrooms available have entrances from the outside only.
- Face coverings required for all adults

- Face coverings required when members arrive/leave and during down time (i.e. during instruction). Gaiter style face coverings are recommended for all members as they are easy to remove when playing an instrument.
- Face coverings are not recommended during exertion activity.
- Parents must remain in their vehicles if waiting for the students, no spectators for any rehearsals
- Limit shared objects to those required for rehearsal only (i.e. music stands, etc.). Members should still bring their own water supply and all other individual rehearsal materials.
 - “In house” equipment should be cleaned at the conclusion of each session by staff, individual clothing or equipment (school issued or personal) should be cleaned at the conclusion of each session by the participant.
- No unnecessary physical contact including shaking hands, fist bumps, and high fives.
- Full Ensemble meetings should take place on a virtual platform.

REHEARSAL ETIQUETTE/PROTOCOL

- Arrive on campus 10 minutes prior to your designated time with the following (*survey must be completed prior to your arrival).
- Face Mask or covering
- Hand Sanitizer
- Your own 1-gallon water jug clearly marked with your name
- Sunscreen
- Your own music in a binder (marked with your name) with your own pencil and eraser
- Your own foldable music stand marked with your name
- Your own mouthpiece, reeds, sticks, guard equipment or other equipment needed to rehearse/perform
 - Instruments will be stored in one of the band trailers

Percussion members

- Your own sticks should be labeled- not to be shared and kept in your own backpack
 - Drums and Cymbals will be assigned and labeled and are not to be shared
 - You must use the same drum case or cymbal bag throughout the season
 - Drums will be stored in the band trailers
 - Report any concerns to your Director.
 - We as a staff will be sure to provide for your safety and physical well-being.
- Once your session has concluded:
- Tuba- return your instrument to its designated case and store in trailer.
 - Report to your vehicle and leave campus; you are not permitted to remain on campus after your scheduled rehearsal has ended.
 - Percussion- return your instrument to its designated case and store in trailer.
 - Band members – Take your equipment home. Report to your vehicle and leave campus; you are not permitted to remain on campus after your scheduled rehearsal has ended.
 - Return home and shower (it is recommended clothes be washed after rehearsal).
 - Report any concerns, or signs and symptoms to a parent/guardian and your Director.

- All marching band participants must have a parent sign the Participant release and waiver form before they can participate in any activity for the band.
- All signed forms must be on file in the Fine Arts Office.

Additional Items

Signage

- **Hand washing signs will be created and posted on doors and in common areas including doors to the building and restrooms.**
- **Symptom monitoring signs will be created and posted at entrance of fields, restrooms, doors to the building and at the trailer.**

Risk Mitigation Protocols

- Symptom tracking form must be completed by each student at most 2 hours before practice
- Each student and staff member will have their temperatures taken at the beginning of practice
- Handwashing with soap and water for 20 seconds
- Wide availability of hand sanitizer at practices
- No high fives, handshakes or fist bumps
- Wiping down of equipment before and after each practice
- Promote healthy hygiene practices such as hand washing, using hand sanitizer, cough in your elbow, avoid touching eyes, nose, face and mouth, no spitting, no gum chewing
- Anyone who is sick must stay home

Sanitizing / Cleaning

Students will only have access to the outside restrooms. A parent meeting will take place on July 22 via *Zoom*, and will include safety protocol and processes put into place.