

Link Up COVID Safety Recommendations

Link Up Singing Recommendations from Teaching Artist Marlene Hinz

- Rehearse with individual classrooms only. Don't rehearse with the students in a large group.
- Students should be arranged so they are facing in one direction. Although it is very helpful to rehearse in a circle, it is not the safest practice during Covid.
- Maintain a safe distance of two meters between students.
- Students and teachers should always keep masks on while singing. If students feel that it is difficult to breathe while singing and wearing a mask, they have two options:
 1. If they are wearing a disposable medical mask, it can be adjusted to create a bit of breathing space while also safely covering their mouths.
The following video explains how to do this:
<https://www.youtube.com/watch?v=2TTg53aAP8Q>
 2. The second option is to use a 3D mask bracket that allows for more breathing space. These products are washable, reusable and made of food-grade material. They can be purchased through Amazon.
https://www.google.com/aclk?sa=L&ai=DChcSEwjqs6K_88_zAhWTBogJHfyQD60YABAcGgJxdbg&ae=2&sig=AOD64_0B-DL-3LtyQ6ZHwoM9HtEHX5oBuA&q&adurl&ved=2ahUKEwigoJm_88_zAhVkl2oFHciHDokQ0Qx6BAgCEAE
- Teachers should maintain a safe distance of four meters from performers.

Link Up Recorder Recommendations from Teaching Artist Marie-Noelle Berthelet

- **Mask:**

The recorder can be played by sliding it under a mask, as long as the mask does not turn around the chin. However, I would recommend you make a **homemade slit mask**.

 - Buy a box of disposable masks (the blue type) and use a pair of scissors to **cut a slit** in the middle big enough for the recorder mouthpiece to slide in.
 - For young students, this is the best option and there is no chance the mask will slide on top of their nose and obstruct their view.
 - This is an easy solution, worth the small effort, and the masks can be stored in the recorder case.
 - If there is no case, the mask can be wrapped with an elastic band around the recorder.

- **Bell covers for Recorders:**

Do not start sowing my friends:

- A square **piece of fabric** attached to the bottom of the recorder with an **elastic band** is an effective way to add a bell cover to your recorder. This is a simple, cost-friendly solution that will not add to your week of work.
- Students can leave the fabric and elastic band there for the entire semester.

- **Storing Recorders:**

Sharing instruments is forbidden this semester.

- To avoid constant disinfecting hassle for teachers, I would recommend students store their instrument in its case.
- If the recorder comes without a case, a Ziplock plastic bag works well. If you are mobile and need to collect all recorders, **use Ziplock bags** with the student's name on them. Make sure the student closes the bag before handing it to you. This way you do not need to touch the instruments or the mask and everything is stored together.

- **Playing the recorder is limited to 45-50 minutes** in the classroom.

- That is plenty of time for young students to practice the recorder.
- Scheduling recorder playing before recess, or the end of the day will allow the room to aerate before students return.

- **Verify your school division policies around woodwind instruments and COVID-19.**

RPSD COVID protocols for music:

- Instruments are permitted in alignment with music/band/choir guidelines including disinfecting shared instruments between users
- Large gatherings are not allowed
- External presenters not allowed
- Classroom cohorts, seating plans, and social distancing are to be maintained
- 2 meters distance between players
- Students arranged in straight lines and faced the same direction.
- The teacher should maintain a minimum distance of 4 meters from performers.
- Students wear a slit mask while playing and a full mask while talking.
- Playing wind instruments is limited to 45-50 minutes, due to the production of aerosols with 10-15 minutes for the room to air out after playing.
- No sharing of instruments, music, stands, reeds, mouthpieces, cleaning supplies, etc.
- Teachers should wear gloves when touching or fixing a student's instrument.
- Bell masks (covers) for instruments made from MERV 13 or MERV 16 material are to be used by all.