



NICKERSON HIGH SCHOOL

Choral Music

We are what we repeatedly do.

Excellence, then, is not an act but a habit. —Aristotle

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COVID-19 and CHOIR

Regardless of your personal feelings, please adhere to these policies. Most of them are actually passed down from various National and State organizations and are REQUIRED.

If we WANT to stay in school and sing, then we HAVE to follow these guidelines:

- IF YOU ARE FEELING SICK, STAY HOME! If you start feeling sick during the school day, tell your teacher IMMEDIATELY.
- Physical distancing will be expected – no close gatherings in the Music Room/Lobby/Auditorium when possible. This means no group huddles, people lounging on the couch, etc. When entering the room, get your folder/supplies and go straight to your seat. If there are people ahead of you, leave space between you and them. DO NOT CROWD THE FOLDER RACK OR DOORWAYS.
- As usual, you will have assigned seats. When you enter the room, pick up your music/folder/supplies, take all of your belongings with you to your seat, and stay in your seat until dismissed for lunch or the next class. You will NOT be allowed to congregate near the door before the bell rings – you will be dismissed by sections or rows.
- When returning from lunch, enter the room QUIETLY and maintain physical distancing. DO NOT CONGREGATE IN THE HALL/LOBBY. If possible, return to your assigned seat and sit quietly.
- The Music Office/Library/Storage Room and COUCH are OFF LIMITS to students. The fridge & microwave are NOT available to students. THIS INCLUDES SEMINAR AND LUNCH TIME. NO STUDENTS, PERIOD.
- Masks will be worn when entering/leaving and moving around the room. You are welcome to talk with others, but masks must be worn with 6-feet distancing when possible.
- Food and drinks will NOT be allowed in the Music Room or the Auditorium (except for plain, unflavored bottled water). **DO NOT SHARE WATER BOTTLES WITH ANYONE AT ANY TIME.**
- For maximum protection, you should sing WITH A MASK when possible. Try to find a mask that allows plenty of room for breathing and for your lips and mouth/jaw to move freely. “Gaiter” or “scarf” masks are NOT a good idea.
- No one will get out of their seat during rehearsal unless allowed/asked to do so. This includes the end of rehearsal as you will be dismissed by rows. Bathroom/Water breaks will be LIMITED – please take care of your business BEFORE coming to class or during lunch.
- Chairs/seats will need to be sanitized AFTER EVERY CLASS PERIOD. Spray bottles will be provided.
- Use hand sanitizer EACH TIME you ENTER or LEAVE the room, including lunch and bathroom/water breaks. Avoid touching door handles, light switches, etc. as much as possible.
- Wash your hands as often as possible throughout the day.
- Do not move chairs, stands, or instruments around. Do not touch or move anything that is not yours unless you have been asked to do so.
- These procedures are subject to change at any moment. Be prepared, and be fLeXiBLe!!

**IN THE MIDST OF ALL OF THIS, REMEMBER:
YOUR ATTITUDE IS THE ONLY THING YOU CAN CONTROL!**

I want TO BE IN SCHOOL. TO BE WITH MY FRIENDS. TO PARTICIPATE.

I will

- ✓ PRACTICE GOOD HYGIENE.
- ✓ FOLLOW THE EXAMPLE OF MY COACHES/DIRECTORS.
- ✓ BE RESPECTFUL OF OTHERS.
- ✓ BE RESPONSIBLE AFTER PRACTICE AND ON THE WEEKENDS.
- ✓ FOLLOW GUIDELINES TO MITIGATE THE RISK OF COVID-19.

I will. BECAUSE I *want* TO PARTICIPATE.

SPORTSMANSHIP
#StartsWithMe



The better we do at following these rules now, the longer and more rewarding our year will be. If things trend toward higher infection rates, we will likely and quickly lose live concerts or concerts altogether. The more precautions we take NOW, the more likely we are to get to do the things we want to do throughout the year.