



## **NSCS Safe Singing Guidelines**

The NSCS Safe Singing Task Force, which includes healthcare professionals from within our membership, continues to monitor national and local health trends and recommend policies to the NSCS Board and our Music Director. The Covid-19 environment remains a dynamic one, and these guidelines may be revised as conditions require.

**Mask Policy:** At present, wearing masks at NSCS rehearsals and performances is optional.

**Vaccines:** Members must be up-to-date on Covid-19 vaccines and boosters and receive any additional boosters as they become available.

### **In case of illness:**

- If you are not feeling well, we ask that you not attend rehearsal. All our rehearsals are recorded and posted promptly to the NSCS website for at-home practice.
- A Covid self-test is strongly recommended for any member who has symptoms or who has been in contact with someone who is ill or has tested positive for Covid.
- If you test positive for Covid-19, you must stay home from rehearsal and inform your Section Coordinator. Do not return to rehearsals until at least 5 days have passed and you are no longer having symptoms. When you are ready to return to rehearsals, we ask that you wear a mask for an additional 5-day period.

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