

Guidelines for RSA Performing Arts Cohort – September 15, 2021

We recognize the **incredible** opportunity and privilege it is that in these COVID times, RSA is able to hold in-person classes as a cohort of less than fifty (50 people).

This privilege comes with **great** responsibility. RSA asks each Cohort member to undertake a **thorough** examination of their interaction with non-RSA Cohort friends and family members and **reflect** on the responsibility that membership in the RSA Cohort holds.

These guidelines will outline some of the specific details for RSA Cohort members, however many AHS guidelines may supersede these. All cohort members are expected to follow all AHS guidelines when outside the RSA Cohort.

RSA recognizes that the RSA Cohort represents a slightly higher level of risk for all involved. The health and safety of all RSA Cohort members is directly dependant on each member following guidelines, being sensible and responsible, and using common sense.

Since there is an overwhelming consensus within the scientific and medical community globally that the COVID vaccines are the best and safest way to protect ourselves and our community from the effects of the COVID-19 virus, ***RSA strongly encourages ALL students and instructors to be double-vaccinated.***

The Province of Alberta has now declared a public state of health emergency. Please see <https://www.alberta.ca/covid-19-public-health-actions.aspx> for details on current restrictions.

As outlined in the current AHS restrictions, indoor private social gatherings for vaccinated Albertans are limited to a single household plus one other household to a maximum of 10 vaccine-eligible, vaccinated people and no restrictions on children under 12. For unvaccinated Albertans indoor social gatherings are not permitted for vaccine-eligible people.

These guidelines are a living document and will be amended based on AHS public health orders and the on-going COVID situation in the province.

If there are questions about any part of these guidelines, please contact Paul Muir at paulm@rosebudtheatre.com.

Fall Term 2021

RSA will continue to monitor the COVID situation in the Province and will work to create an environment within the RSA Cohort that allows for as much interaction as possible while still keeping health and safety as a top priority. To that end, until further notice, everyone in the RSA Cohort agree to:

- Remain masked in all classes and other indoor gatherings, this includes wearing a singing mask in all choir classes and other classes requiring group singing and/or speech.

- Practice a minimum 1-metre physical distancing with other Cohort members wherever possible.
- Continue to be vigilant about regular handwashing and sanitizing.
- Refrain from being in contact with anyone with a known case of COVID-19.
- Avoid closed spaces with poor ventilation, crowded places and close contact settings

Further to this, all members are asked to **strictly** adhere to **all** AHS restrictions and the following guidelines.

When **Outside** the RSA Cohort all members will:

- Maintain a minimum of **2-metre** physical distancing with anyone *not* in the RSA Cohort
- **Wear a mask** and **practice physical distancing** in all public spaces and workplace environments
- **Practice physical distancing** in all outdoor spaces
- **Wear a mask** in any outdoor space where physical distancing is not possible.
- Make handwashing and sanitizing a regular habit
- Refrain from touching the face as much as possible
- Limit close contact with non-RSA Cohort members as much as possible
- Limit interaction with any non-vaccinated people outside the Cohort according to AHS guidelines.

When **Inside** the RSA Cohort members will:

- Maintain a minimum **1-metre** physical distancing from other Cohort members where possible. RSA recognizes that some classes will require members to be closer than 1-metre, and we understand that this would only happen in situations where the classwork demands it.
- Have the right to wear a mask if they choose. This could be to maintain a stronger sense of personal health and safety, or if the member has a pre-existing condition that puts them in a group that is more vulnerable to effects of COVID-19.
 - If a Cohort member chooses to wear a mask while in the RSA Cohort, that is completely welcome. Mask shaming will **not** be tolerated.
 - Non-vaccinated students and staff are asked to mask within the RSA Cohort wherever possible.
- Refrain from engaging in any unnecessary closeness, intimacy, moist speaking, or any activity with other Cohort members that may promote the spread of COVID-19.
- Make handwashing and sanitizing a regular habit.

- This will be emphasized for any class requiring contact with other Cohort members, or any class where members may be doing floor work and/or vigorous activity.
- Refrain from touching the face as much as possible.
- Do everything they can to maintain good personal health and hygiene. This includes eating well, getting enough sleep, keeping one's body and living space clean and sanitized.
- Stay aware and attentive to their own personal health on a daily basis.
- **Isolate** if you have been in close contact with someone with a confirmed COVID case.
- **Stay home and isolate** if you have any of the following symptoms:
 - cough
 - fever
 - shortness of breath
 - runny nose
 - sore throat
 - loss of taste or smell

Self-Assessment

In addition to the above precautions, all participants will perform the AHS Self-Assessment if they experience any potential COVID-related symptoms.

<https://myhealth.alberta.ca/journey/covid-19/Pages/COVID-Self-Assessment.aspx>

Any Cohort member who receives a recommendation from the AHS Self-Assessment to book a COVID test will isolate immediately and book a COVID test as soon as possible. The Cohort member will inform their Instructors and the Education Team and remain isolated until they receive the result of the COVID test.

If an RSA Cohort member is isolating due to a recommendation from a self-assessment, it *may* still be possible to continue with some class work remotely. Instructors will try to accommodate students in isolation by video conferencing classes where possible, and/or offering alternate assignments. Where arrangements are able to be made, students will be expected to keep up their class work.

Please note that you are **legally required** to self-isolate if:

- you test positive for COVID-19 (minimum, of 10 days or until symptoms resolve, whichever is longer).
- you have a cough, fever, shortness of breath, runny nose, or sore throat, loss of taste or smell, that is **not related** to a pre-existing illness or health condition.

You **do not** have to self-isolate if:

- you are awaiting asymptomatic test results.
- you have no symptoms of illness.

- you have symptoms of illness that **are related** to a pre-existing illness or health condition.
- you have tested negative for COVID-19.
- you have tested negative for COVID-19 and have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition.
- We do always suggest you stay home when sick with any illness, until symptoms resolve; however, if your COVID test is negative, this is not legally required.

Precautions for Specific Classes

- Rosebud Chorale: Participants will sing with a singing mask and where possible, maintain a minimum of **1-metre** physical distancing from each other. If any participant has pre-existing conditions that put them in a COVID-vulnerable sector, accommodations will be made to ensure their health & safety. This may include mask-wearing, plexiglass screens, placement, etc.
- Masterworks Choir: As this is a community choir, participants in Masterworks are not part of the RSA Cohort. To ensure the best possible chance of safety for all, participants are asked to be double-vaccinated against COVID-19 and wear singing masks.
- Vocal Coaching: Space between Student and Instructor will remain at a minimum of **2 metres** at all times. Singing masks will be brought to **every** class and will be worn at the discretion of student and instructor. Instructors may also make use of plexiglass screens.
- Grounding: A minimum **1-metre** physical distance will be maintained when engaged in vigorous physical activity.
- Movement: A minimum **1-metre** physical distance will be maintained when engaged in vigorous physical activity.
- Acting Classes: While physical distancing will *not* be required when engaged in scene work, group work, etc., all participants will maintain a **1-metre** physical distance at other times.

If A COVID Case Appears in the RSA Cohort

Should anyone in the RSA Cohort receive a positive result from a COVID test, they will isolate immediately and inform the Education Team. The Education Team will assess the details of situation and determine if the whole Cohort will have to isolate, or only close contacts.