

Guidelines for RSA Performing Arts Cohort – August 31, 2020 – DRAFT

It is an **incredible** opportunity that in these COVID times, RSA is able to move ahead with in-person classes. As the total number of RSA students and instructors will be well under 50 RSA is able to qualify under the terms of the AHS guidelines for Performing Arts Cohorts.

This opportunity comes with responsibility and possibly some sacrifice. RSA asks each Cohort member to undertake a **thorough** examination of their cohorts, their interaction with others and the public, and **reflect** on the responsibility that membership in the RSA Cohort holds *before* agreeing to join.

These guidelines will outline some of the specific details for the RSA Cohort, however all guidelines for cohorts and post-secondary institutions according to AHS will also be strictly followed. Those AHS guidelines, with specific, relevant highlighted areas, will accompany this document.

RSA recognizes that the RSA Cohort represents a slightly higher level of risk due to the higher number of cohort members. 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.

RSA also recognizes that not everyone will feel comfortable agreeing to these guidelines. If there are questions, please contact Paul Muir at paulm@rosebudtheatre.com.

Before Term Begins

In order to ensure the term begins with as much safety and health as possible, RSA asks all Cohort members to:

- Be **extra** vigilant about all AHS health & safety guidelines for **14 days** before the Fall term begins (August 25 – September 8, 2020).
 - This means ensuring a mask is worn when in public indoor spaces, always practicing physical distancing, and being vigilant about regular handwashing and sanitizing
- NOT travel outside of Canada for 14 days before the Fall term begins
- NOT be in contact with anyone with a known case of COVID-19 for at least 14 days before the Fall term begins
- Keep track of where you go during the 14 days before the Fall term begins, and who you are in contact with
 - This will help with contact tracing should a positive case of COVID-19 appear
- **Avoid** closed spaces with poor ventilation, crowded places and close contact settings

Once Term Begins

In order to ensure the ongoing health and safety of everyone in the RSA Performing Arts Cohort, all members are asked to **strictly** adhere to 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** anytime a minimum 2-metre physical distancing is not possible
- **Wear a mask** anytime they are inside any indoor public facility
- Make handwashing and sanitizing a regular habit
- Restrict themselves from shaking hands with non-Cohort members
- Refrain from touching the face as much as possible

When Inside the RSA Cohort members will:

- Maintain a minimum **1-metre** physical distancing from other Cohort members where possible. We recognize that some classes will require members to be closer than 1 metre. RSA recognizes this would only happen in situations where the work in class 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.
- Not engage in any unnecessary closeness, intimacy, moist speaking, singing, or any activity with other Cohort members that promotes 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.

Other Cohorts

RSA Cohort members *can* be part of other cohorts as well. In other words, RSA Cohort members can also be part of a family cohort. While it may also be possible to be part of other sports or performing arts cohorts, RSA asks that those individuals discuss this with Paul Muir before joining such a cohort. Each cohort that someone is a part of increases the risk of everyone in those cohorts.

Self-Assessment

In addition to the above precautions, all participants will perform the AHS Self-Assessment at least 3 times per week. <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 from 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. Instructors will try to accommodate students in isolation by video conferencing classes if possible, and/or offering alternate assignments. Where arrangements have been 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.
- you have a cough, fever, shortness of breath, runny nose, or sore throat that is **not related** to a pre-existing illness or health condition.
- you have been in contact with someone known to have COVID-19.
- you have travelled outside Canada within the last 14 days.

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 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.
- Vocal Coaching: Space between Student and Instructor will remain at a minimum of **2 metres** at all times. Masks will be brought to **every** class and will be worn if the work requires closer proximity than 2 metres. Instructors will also make use of plexiglass screens.
- Grounding: A minimum **2-metre** physical distance will be maintained when engaged in vigorous physical activity.
- Movement: A minimum **2-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 remain isolated and inform the Education Team immediately. A representative of the Education Team will inform our ASH representative, Carol Brittain, and take whatever actions are required.

Frequently Asked Questions

Q. Can I see my parents or siblings when I'm part of the RSA Cohort?

A. RSA Cohort members *may* see family members at any time. *If* those family members are part of a *safe* and *healthy* family cohort, and *if* the RSA Cohort member is also part of that family cohort, then they may see them without masking or physically distancing.

However, *if* the RSA Cohort member is *not* a member of that family cohort, and/or *if* that family cohort seems unsafe, then RSA asks it's members to practice physical distancing where possible, and where that is not possible, wear a mask.

Q. Can I go home for Thanksgiving Break?

A. Yes. RSA Cohort members can go home for Thanksgiving as long as the above guidelines are followed.

Q. Can I hang out with friends who are not part of the RSA Cohort?

A. Yes. RSA Cohort members can see friends who are not part of the RSA Cohort *as long as* they practice physical distancing where possible, and if that is not possible, wear a mask.

Q. Is it possible to take RSA classes and not be part of the Cohort?

A. It depends on which classes you are taking. Most studio classes will require all participants to be part of RSA Cohort as the curriculum and the activities are such that physical distancing and other COVID precautions are not possible.

It may be possible to take some lecture-based classes if COVID precautions are possible. Should any non-RSA Cohort member want to take classes at RSA in the 2020/2021 academic year, they should contact the Registrar first to explore whether this is possible.