

Hygiene concept for rehearsals of church choirs

(Translated with www.DeepL.com/Translator (free version))

1 What has to be clarified before starting the rehearsals

Name of the choir	
Room	
if necessary, permission for special use of a room	
Room height	
surface area	
thereby possible group size	
Rehearsal time and duration	
Possibility for hand disinfection	
Ventilation option	
Person responsible for attendance list	
Name of the person responsible for hygiene	

2 Conditions:

- Valid regulations of the federal state/county as well as the (arch-) diocese must be respected.
- The choir management and the legal entity of the choir (parish, metropolitan chapter, religious order, association etc.) are responsible for ensuring the hygienic requirements by instruction and control and, if necessary, contact with the relevant authorities.
- At least one person in charge of hygiene has to be appointed, who is responsible for the correct carrying out before, during and after the rehearsal. This person should be trained appropriately; offers are available from the health authorities.
- Hygiene instructions are to be given to all singers in advance or at the beginning of the rehearsal at the latest.
- It is necessary to request confirmation of compliance with the corona hygiene measures from all participants when rejoining the rehearsal. In the case of children and young people, the consent of their legal guardians is required for participation.
- The participants must be recorded at each rehearsal (attendance lists).
- Signs indicating the hygiene standards must be posted at the entrances and in the sanitary facilities. (Sample templates¹)
- The total duration of the rehearsal must not exceed 60 minutes.
- Choirmasters and other responsible persons should be informed about risks of infection and possible symptoms².

3. Rules and measures:

Hand hygiene:

- Hand disinfection (for 30 seconds) must be carried out before the rehearsal (pay attention to the expiration date!).
- Alternative: Wash hands thoroughly with water and liquid soap for at least 20-30 seconds.
- Disposable towels must be provided for drying.
- Keep hands away from the face.
- If possible, do not touch door handles and elevator buttons with your hand, but use your elbow if necessary!

1 <https://www.avery-zweckform.com/tipp/vorlagen-fuer-schilder-schutzmassnahmen-fuer-corona-virus>

2 https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Steckbrief.html#doc13776792bodyText1

Cough etiquette:

- When coughing and sneezing, keep the greatest possible distance, turn away if possible and cough and sneeze into the crook of your arm/a paper handkerchief, which will be disposed of afterwards.
- After blowing your nose / sneezing / coughing, thoroughly disinfect / wash your hands.
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Keep a record of the people involved:

- In each rehearsal/meeting, the names (address/phone/e-mail) and the sitting position of all those present are to be recorded in order to trace later chains of infection if necessary. A recording clerk is to be appointed bindingly.
- This list is to be kept for one month exclusively for tracking possible infections. It will be kept in a closed cabinet and destroyed after the period of time in accordance with applicable data protection guidelines. The choir singers will be informed in a suitable manner that the data will be passed on to the state authorities if necessary for tracing contacts.

Wearing of mouth-nose cover:

- Has to be brought by all participants (from 6 years of age) and has to be worn during (longer) singing breaks, as before and after the rehearsal.
- Consideration should be given to wearing the mouth-nose cover throughout the entire rehearsal.
- Disposable masks should be available for those singers who have forgotten their mouth-nose cover.
- Proper handling is advised before the rehearsal.
- Disposal of disposable masks in the normal waste should not take place. Either a special waste container is provided or the users take the disposable masks back in a plastic bag.

Distance rules:

- A minimum distance of 3 m to all persons in all directions must be strictly adhered to when singing, both indoors and outdoors (set up chairs accordingly or mark standing areas at a distance, observe any additional local regulations).
- The distance between choir conductors and the choir singers must be at least 4 m.
- Markings on the floor/walls provide walking routes to avoid contact even in narrow corridors and sanitary facilities.
- The distance rules must also be observed on the way to the rehearsal place and during breaks
- The choir members are expressly advised to observe the applicable contact restrictions also before and after the rehearsal.
- Entrances and exits and the ways to them are to be separated from each other if at all possible.
- If several events take place in the same building, care must be taken to avoid contact between groups at all costs. If necessary, several entrance/exit areas for these groups should be determined, ideally as a "one-way street" by means of separate entrance/exit.

Outdoor rehearsals:

- In general, rehearsing in the open air is preferable, subject to the rules of distance, if weather conditions permit and a suitable place is available.
- The general rules of hygiene must also be observed outdoors.
- Accumulations of spectators are to be prevented

Room size:

- The rooms must be large enough that the rules of distance can be observed (reference point per person approx. 10 sqm, observe state regulations).
- The room height must be at least 3.5 m.
- If possible, rehearsals should always be held in the same rooms with fixed groups.
- Due to these requirements, churches in particular - provided that not only the choir gallery but the entire room is available - are a good option as rehearsal rooms (subject to the approval of the responsible authority/priest).

Ventilation:

- After 30 minutes at the latest, intensive butt- or cross-ventilation (horizontally opened, opposite windows/doors) should take place for 5 minutes. Continuous ventilation is ideal.
- If an air conditioning system is used, its function must be clarified in advance with the manufacturer with regard to aerosol enrichment or reduction.

Rhythm:

- If several choir groups rehearse one after the other, a break of at least 15 minutes should be scheduled between rehearsals to avoid contact between the singers and to ensure adequate ventilation.

Handling of instruments and notes:

- All objects (e.g. sheets of music, music folders, pencils) are to be used on a personal basis and must be brought by the participants themselves.
- If this is not possible, thorough cleaning/disinfection must be carried out after use.
- The keyboard of the instrument must be disinfected before and after the rehearsal.

Drinking:

- Drinking containers must be brought by the participants themselves and may not be shared.

Cleaning:

- It is assumed that the parishes provide for the necessary, regular cleaning of their parish rooms and churches and their sanitary facilities.

Dealing with risk groups:

- Persons who belong to a risk group³ must be made aware of the possible dangers of participating in choir rehearsals.
- If persons of a risk group nevertheless voluntarily take part in choir rehearsals after having been instructed by the choir, they act entirely on their own responsibility and liability.

Exclusion from the choir rehearsal:

- Persons who
 - have tested positive or been classified as positive,
 - must be in quarantine,
 - show symptoms of respiratory disease or are otherwise ill,may not participate in the rehearsal.

4. procedure in the event of illness:

- If singers show signs of respiratory disease or other symptoms of Covid 19⁴, they must be excluded from the rehearsal immediately.
- Should participants of a rehearsal subsequently test positive, the choirmaster or the choir director has to hand over the protocol lists to the responsible health office.

Cologne / Regensburg, 29 May 2020

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3 https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogruppen.html

4 https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Steckbrief.html#doc13776792bodyText2

This hygiene concept is mainly based on the following studies:

- Sars-CoV-2 occupational safety standard - recommendations for religious communities, committee work on site

VBG - Hamburg

Status: 20.05.2020

http://www.vbg.de/DE/3_Praevention_und_Arbeitshilfen/3_Aktuelles_und_Seminare/6_Aktuelles/Coronavirus/Brancheninfos_Arbeitsschutzstandard/Religionsgemeinschaften_Gremienarbeit.pdf;jsessionid=6328BB9C0DA14B1E14792C7AF1626486.live1?__blob=publicationFile&v=5

- Risk assessment of a coronavirus infection in the field of music University Hospital Freiburg - Freiburg Institute of Music Medicine - Freiburg Music Research and Teaching Centre - Freiburg University of Music

second update from 19.05.2020

<https://www.mh-freiburg.de/fileadmin/Downloads/Allgemeines/RisikoabschaetzungCoronaMusikSpahnRichter19.5.2020.pdf>

Sample

**Consent to participate in rehearsals and performances
(church services etc.) in times of COVID 19 Pandemic**

I _____, hereby
confirm that I (or: my child _____) agree to participating in the
rehearsals and performances of the choir

_____ in times of the Corona pandemic at my/our own risk.

I have taken note of the protective measures taken by the choir. I will follow the prescribed personal hygiene measures according to the concept of XX.XX.XXXX to the best of my knowledge and belief.

_____ Date

_____ Signature