

# Guidelines for Back to Band

As we move toward the fall season and back to school, the SBA wants to help create the safest possible environment for bringing music back into classrooms, band rooms, rehearsal spaces, and performance halls. Participating in band is not only a great hobby, but it has proven to have both educational and mental health benefits for students.

The SBA recently supported an aerosol study commissioned by the National Federation of State High School Associations (NFHS), the College Band Directors National Association (CBDNA) and a coalition of more than 125 performing arts organizations. The study has generated results that provide further optimism for mitigating the impact of COVID-19 on band programs and other performing arts activities.

Preceded by initial results released July 13 that centered on aerosol pathways from a soprano singer and subjects playing four different band instruments, the second phase of experimentation investigated aerosol from additional singers and instruments, as well as theatre performers. The goal of this study was to identify the issues of aerosol production in performing arts activities, and identify ways performing arts participants can meet in person with the lowest risk possible.

There are ways to mitigate risks and continue with band programming! The preliminary results of the study indicate that:

- Band participants should wear masks, and additionally apply bell cover “masks” to musical instruments when playing.
- Personal masks should be well-fitting, multi-layered, washable or disposable, and surgical in style.
- Ideally, bell covers should be made of a non-stretchy material that has a Minimum Efficiency Reporting Value (MERV) of 13. However, any type of covering is better than nothing.
- Rehearsal times should be limited to 30 minutes or less.
- Social distancing: 2 meters per participant (with 1 additional meter in front of trombone players) significantly reduces the quantity and spread of aerosol.
- Band directors should wait until at least one HVAC air change has occurred prior to using the same room again.
- Bands practicing outdoors should stop playing for approximately five minutes after each 30-minute segment to allow the aerosol to disperse.
- Band participants should use basic hygienic measures, (keeping common areas sanitized and encouraging frequent handwashing)
- Instrument spit valves should be emptied onto absorbent material, such as puppy pads, rather than directly onto the floor.

The study’s final report is expected in December, but with band and other arts programs preparing for a return to school researchers felt it was important to share the preliminary data to provide important guidance.

To learn more about the researchers and contributors, please visit:

<https://www.nfhs.org/articles/unprecedented-international-coalition-led-by-performing-arts-organizations-to-commission-covid-19-study/>.

## Let's Band Together!

### Contact Information:

2205 Victoria Avenue  
Regina, SK S4P 0S4

306-993-9729

info@saskband.org

www.saskband.org



Sask Culture | SASK LOTTERIES