



KSHSAA Guidelines for Summer Marching Band Rehearsals

The following information has been compiled from several sources including the Centers for Disease Control and Prevention (CDC), the Kansas Department of Health and Environment (KDHE), National Federation of High School Associations (NFHS) and the University Interscholastic League (UIL). This information is provided to assist school leaders in identifying coronavirus transmission preventative measures that should be considered before summer activities commence between school directors and their student-athletes. This information is in no way intended to be a comprehensive list of all safety aspects that should be considered.

Optional school marching band rehearsals must adhere to all State, County and local USD requirements for social distancing and group sizes when it comes to rehearsals and practices in the summer. Directors must visit with their building administrations about their county's current "Phase" for reopening, before organizing and scheduling your rehearsal/camp schedules.

Marching band students may meet for a maximum of 3 hours of physical activity per day during the first week back in the summer and 5 hours per day during the second week. These maximum time frames are for all physical activities in one 24 hour period.

- For example, during the first week, a student may not participate in conditioning for an hour, weight training for an hour and outside marching rehearsal for three hours. In this example, the student would be limited to one hour of outside marching band rehearsal, as two hours were already committed to other physical activities.

During the first two weeks of marching band rehearsals and practices you may practice normal maneuvers and skills appropriate for marching bands while adhering to social distancing expectations and group size restrictions. There are no requirements for 10 days of athletic conditioning before marching techniques are rehearsed. After two weeks of rehearsals, the number of hours per day spent marching is up to the discretion of each local USD.

- Marching band camps meeting later in the summer after musicians that are athletes have been conditioning for at least two weeks, these athlete/musicians would not need to follow the 3-5 hour first two week restrictions. Musicians that have not conditioned as athletes must follow the maximum physical activity of 3 hours per day during the first week back in the summer and 5 hours per day during the second week.
- Indoor (sit down) marching band music rehearsals may be held up and above the 3 to 5 hour maximums in the first two week period.

1. School leaders must continually promote behaviors that reduce coronavirus transmission.
 - ANYONE feeling sick should stay home and contact their healthcare provider.
 - Maintain appropriate social distancing as directed by the state of Kansas and your county health department.
 - Frequent hand washing for 20 seconds with soap and water or using a hand sanitizer with a minimum of 70% alcohol.
 - Cover your mouth and nose when coughing or sneezing with a tissue or cough/sneeze into your elbow.
 - Common areas should be cleaned frequently with the appropriate disinfectant. Any shared equipment should be cleaned between each use.
 - Directors, staff and students not actively participating in a rehearsal should wear a mask. Students participating in a rehearsal may choose to wear a mask and should never be discouraged from doing so.
 - Directors wearing a mask could use an artificial noisemaker rather than a whistle if needed.
 - Consideration should be given to restricting high-risk individuals from being part of a summer rehearsal program. High-risk individuals include those 65 years of age or older and people of any age with



underlying medical conditions, including chronic lung disease, moderate to severe asthma, serious heart conditions, severe obesity, diabetes, chronic kidney disease, liver disease or are otherwise immunocompromised.

2. Identify and implement necessary protocols.

A. Pre-rehearsal screening:

- Post the signs and symptoms of COVID-19 throughout your facilities (see poster sample at the end of this document).
- All directors and students should be screened for signs/symptoms of COVID-19 prior to a rehearsal. Screening could include a temperature check which could take place at home prior to arriving.
- A daily log should be kept of all individuals present. Responses to screening questions for each person should be recorded and stored so that there is a record of everyone present in case a student develops COVID-19 (see sample daily monitoring form at the end of this document).
- Any person with positive symptoms reported should not be allowed to take part in rehearsals and should be immediately sent home and instructed to contact their healthcare provider.
- Anyone who has experienced any of the signs or symptoms of COVID-19 within the previous 14 days should not participate in the rehearsal activities.
- Anyone who has had contact with a person who has tested positive for the coronavirus should not participate in any rehearsal activities for 14 days from the time of exposure.
- Any new student moving into the community should not be permitted to participate for the first 14 days following their move.
- Anyone diagnosed with COVID-19 should not be allowed to participate without a written release from their healthcare provider.

B. Rehearsal groups:

- Groups should have stagger times and be kept as small as possible, always under the mass gathering limit currently in place.
- Try to keep rehearsal groups the same throughout the summer to reduce the number of exposures.
- Keep students from the same household in the same rehearsal group.
- Schedule rehearsal times so different groups do not come in contact with each other and so cleaning can occur between sessions.

C. Participant hygiene and equipment:

- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in rehearsals.
- All students shall bring their own water bottle. Water bottles must not be shared.
- Hydration stations (water cows, water trough, water fountains, etc.) **should not be utilized.**
- There should be no shared towels, clothing, or shoes between students.
- Students should wear their own appropriate rehearsal clothing (do not share clothing), and individual clothing/towels should be washed and cleaned after every rehearsal immediately after the student returns home.
- Everyone should shower as soon as they get home.
- Instruments should never be shared.
- Proper instrument and mouthpiece cleaning should be done after every rehearsal.

<https://www.nfhs.org/articles/covid-19-instrument-cleaning-guidelines/>

D. Facility considerations:



- Follow [CDC recommendations](#) for cleaning and disinfecting community facilities.
- Adequate cleaning schedules should be created and implemented for all facilities to mitigate any communicable diseases.
- Hygiene stations containing hand sanitizer, facial tissues, gloves and surface disinfectants should be available.
- Prior to an individual or groups of individuals entering a facility, hard surfaces within that facility should be wiped down and sanitized (chairs, furniture in meeting rooms, instrument storage cabinets, percussion equipment, ladders and drum major stands, tables, etc.).
- Commonly touched areas should be cleaned multiple times throughout the day.
- Indoor practices and rehearsals can be conducted up to a maximum of 25% capacity.
- Students and staff must maintain at least 6 feet of distance from all sides when not actively practicing or rehearsing. When actively practicing or rehearsing, students and staff must maintain at least 10 feet of distance from all sides when possible.
- Outdoor rehearsals where students can spread out should be prioritized over indoor rehearsals whenever possible.

E. Illness protocol

- Students and staff must be completely honest with symptom reporting and appropriate follow through, or risk jeopardizing the ability to continue the summer program for themselves and others.
- ANYONE feeling sick should stay home and contact their healthcare provider.
- Identify and maintain an isolation area for anyone who reports coronavirus signs or symptoms during a rehearsal.
- Identify a communication plan with parents/guardians for a student who reports coronavirus signs/symptoms.
- Identify a communication plan with your county health department if anyone associated with marching band rehearsals test positive for the coronavirus.

Any student or staff member living with someone who experiences any of the symptoms of COVID, whether they have a positive COVID test or not, should self-isolate for two weeks. If they do not experience any COVID symptoms during that period, they can return to summer workouts. If they experience symptoms, they must self-isolate until the conditions outlined above have been met.

COVID Symptoms for Screening

- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Diarrhea
- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Known close contact with a person who is a lab confirmed to have COVID-19



References

“Ad Astra: A Plan to Reopen Kansas.” *State of Kansas*, <https://covid.ks.gov/ad-astra-a-plan-to-reopen-kansas/>. Accessed 5/18/20.

“Cleaning and Disinfection for Community Facilities.” *Centers for Disease Control and Prevention (CDC)*, <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/cleaning-disinfection.html>. Accessed 5/18/20.

“Guidance for Opening Up High School Athletics and Activities.” *National Federation of State High School Associations (NFHS)*, <https://nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15-2020-final.pdf>. Accessed 5/21/20.

“KDHE Coronavirus (COVID-19) Response.” *Kansas Department of Health and Environment*, <https://www.coronavirus.kdheks.gov/>. Accessed 5/18/20.

“Return to Training Considerations Post-COVID-19.” *United States Olympic & Paralympic Committee v.0.12*, <https://www.teamusa.org/coronavirus-updates>. Accessed 5/18/20.

“NFHS Guidance for a Return to High School Marching Band.” *National Federation of State High School Associations*, <https://www.nfhs.org/media/3812329/2020-nfhs-guidance-for-returning-to-high-school-marching-band-activities.pdf>. Accessed 5/28/20

“UIL COVID-19 Summer Marching Band Practices & Rehearsals.” *The University Interscholastic League*, <https://www.uiltxas.org/music/marching-band/marching-band-summer-practices-rehearsals-2020>. Accessed 05/22/2020