

ROS Health and Safety Covid Policy for our 2022-23 Season

Required:

- Sign our 2022-23 ROS Covid Waiver
- Baseline Covid Vaccination, including 1st booster shot

Strongly Recommended:

- Additional Covid boosters as they become available

Encouraged:

- Wear an effective mask in rehearsal

Please:

- Contact Dianne Bailey, ROS Office Coordinator (admin@rossings.org or 585-473-2234) or Jo Ann Lampman, ROS Registrar (jlampman@rossings.org or 585-872-0277) if any of the above pose a problem for you. We want to find a creative solution that allows you to sing with ROS.
- Attend rehearsal regularly. Every voice counts; Eric needs to hear us singing together as a group.
- However, please stay home if you have any symptoms (especially respiratory.)
- We may need to make adjustments to this ROS Health and Safety '22-'23 Covid Policy over the course of the season, based on changes in the Monroe County Covid Dashboard data. Please bear with us; your commitment is so important!

What if I test positive for Covid?

- **Please** inform the ROS Office Coordinator right away.
- Isolate and do not attend rehearsal for a **minimum of 5 days**.
- **After 5 days, if you are fever-free for 24 hours** without the use of medication, and your symptoms (if you had any) are gone, you may attend ROS rehearsal again.
- When you return, you must wear a high-quality mask (keeping it on at all times) **from at least day 5** (see above) **through day 10** of your bout with Covid.

These are the general CDC recommendations as of 8/2022. Please remember that some of your fellow choristers are more likely than others to get very sick from Covid-19. We are relying on **everyone** to self-monitor and observe these requirements **strictly**. Better safe than sorry!

Please note: Masking is required during bus travel on the Toronto trip.

