



## COVID-19 Guidelines and Protocols

*These guidelines and protocols are as of September 1, 2022*

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### Introduction:

*We at CMCB are continuing to work hard to provide safe programming in our building, and online. We are taking careful steps to move forward thoughtfully and with everyone's safety in mind. These guidelines are subject to change, and we will notify you of changes. Thank you for being a member of our community!*

如果您需要国语翻译，请问张静怡, [jzhang@cmcb.org](mailto:jzhang@cmcb.org)  
para Español, habla con Rena, [rcohen@cmcb.org](mailto:rcohen@cmcb.org)

### Table of Contents:

Page	#
<b>PROGRAMMING OVERVIEW</b>	
Programming Availability	2
<b>GUIDELINES: In-Person Lessons, Classes, and Visits</b>	
Policies for All Visitors to CMCB	3
<b>HEALTH AND SAFETY</b>	
CMCB COVID-19 Health & Safety Precautions	4
What Happens If You Have a Positive Case	4
What Happens if Symptoms Present Onsite	5
What Happens If A Positive Case Occurs in our Community	5
<b>POLICIES</b>	
CMCB COVID-19 Workplace Coordinators	6



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### **CMCB PROGRAMMING OVERVIEW:**

#### **Programming Availability:**

- CMCB will continue offering in person and online learning opportunities.
- All private lesson students (including Piano, String, Guitar, Percussion, Winds, Brass, and Voice) will have an online OR in-person programming option.

For a full class listing, visit <https://go.asapconnected.com/?org=5521>

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### **GUIDELINES FOR IN-PERSON LESSONS AND CLASSES:**

*We at CMCB are continuing to work hard to provide safe programming in our building, and online. We are taking careful steps to move forward thoughtfully, and with your safety in mind. We ask that you please abide by the following policies for programming taking place in person this year for everyone's safety. These guidelines are subject to change. Please see below for the definitions for Mask Required, Mask Recommended, and Mask Optional.*

- **Mask Required:** Masks are required for all of those over the age of 2 when in CMCB at all times unless actively eating, drinking, or playing an instrument that requires mask removal.
- **Mask Strongly Recommended:** While not required in all circumstances, CMCB strongly encourages mask use in our space. *CMCB reserves the right to designate certain activities as Mask Required based on factors such as room capacity, high exposure risk, etc.*
- **Mask Optional:** This is a return to a pre-COVID state. Masks are not required and individuals will not be asked to wear masks. There will continue to be support for those who choose to wear masks.

### **Policies for All Visitors to CMCB:**

- **We strongly encourage all eligible individuals to get the COVID-19 vaccine and booster to help keep our community safe.**
- **Effective Thursday, September 1st, mask wearing in CMCB will be **MASK STRONGLY RECOMMENDED** and will only be required in certain cases.**
- All individuals are encouraged to wash or sanitize hands upon entry to CMCB.
  - Hand sanitizer stations are available in common areas.
  - All visitors, students, and faculty are encouraged to take frequent breaks for hand washing or disinfecting of hands with sanitizer.
- We continue to encourage social distancing when moving around CMCB.



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### HEALTH AND SAFETY GUIDELINES

#### **CMCB COVID-19 Health and Safety Precautions:**

- If you are not feeling well and do not have a negative test for COVID-19 (antigen or PCR), **STAY HOME**, regardless of vaccination status. All private lessons can be moved online. Call the Front Office to arrange moving your lesson online.
- CMCB will always follow the latest CDC guidance with regards to isolation, quarantine and exposure. The below reflects the latest guidance at time of publication, however please refer to CDC Guidance or reach out to one of the CMCB COVID-19 Workplace Coordinators (Meghan Jasani, [jasani@cmcb.org](mailto:jasani@cmcb.org) and Ariel Carmichael ([acarmichael@cmcb.org](mailto:acarmichael@cmcb.org)) if you have any questions.
- Regardless of vaccination status, if you have been in close contact of someone who has tested positive, please follow the latest [CDC guidelines](#):
  - Wear a well fitting mask for up to 10 days after you have been exposed.
  - If you develop symptoms (fever of 100.4°, cough, shortness of breath, [other COVID-19 symptoms](#)), isolate immediately, get tested and stay home until you know the result
  - If you have not developed symptoms, get tested on Day 6
    - If you test negative, continue to wear a mask around others until day 10 and monitor for symptoms
  - Day 0 is the day of your last exposure to someone with COVID-19
  - Day 1 is the first full day after your last exposure

#### **If a student tests positive for COVID-19**

- Regardless of vaccination status, if you test positive for COVID-19, please follow [CDC guidelines](#):
  - If you have no symptoms, you may end isolation after Day 5 but must continue to wear a mask around others and indoors at CMCB through Day 10.



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- Alternatively you can remove your mask inside CMCB prior to day 10 if you have two sequential negative antigen tests 40 hours apart.
- If you have symptoms, you may end isolation after Day 5 if you are fever-free for 24 hours (without the use of fever reducing medicines) and your symptoms are improving. You must continue to wear a mask around others and indoors at CMCB through Day 10, or once you are feeling better with the use of fever-reducing medications and symptoms are improving)
  - Alternatively you can remove your mask inside CMCB prior to day 10 if you have two sequential negative antigen tests 40 hours apart.
- Day 0 is the day of your last exposure to someone with COVID-19
- Day 1 is the first full day after your last exposure

### **If a student feels ill at CMCB...**

- Any student who displays symptoms of COVID-19 *as noted above* will be instructed to leave the building immediately.
  - If a student is unable to leave immediately, they will be moved to an Isolation Room until they can be sent home.
  - ***Note: If a student becomes ill during a lesson, a parent or caregiver must be able to pick the student up within 10 minutes.***
- If a student is sent home from a Group Lesson, CMCB Staff will notify all parents/guardians of classmates for an option of immediate pickup.

**If a member of our community tests positive for COVID-19 and has been onsite, we are committed to following the recommendations from the Board of Health.**



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### **CMCB COVID-19 Workplace Coordinators**

The COVID-19 Workplace Coordinators are Meghan Jasani and Ariel Carmichael. The Workplace Coordinators are responsible for COVID-19 issues and their impact at the workplace. For questions about the Health and Safety plan or other concerns, contact them at [jasani@cmcb.org](mailto:jasani@cmcb.org) or [acarmichael@cmcb.org](mailto:acarmichael@cmcb.org).

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