

Triangle Chamber Academy

In-Person Coaching Protocols

TCA will hold in-person coachings starting Fall 2021. Locations will vary, but we will prioritize fully shaded outdoor spaces. All parties are required to wear masks for indoor coachings, and indoor sessions may be shortened by 5 minutes to allow time for cleaning and disinfecting between groups. Coaches are all fully vaccinated.

Prior to your coaching:

Coaches, students and accompanying grown up(s) will:

1. Monitor their health for signs and symptoms of COVID-19. If any signs and symptoms are present, they will notify the group and the coach will decide to reschedule for a makeup week or hold a virtual coaching via zoom.
2. Wear a mask properly (covering mouth and nose securely) at all times.
3. Depending on the location, coaches will clean and disinfect between each group's coachings.

Students, and Accompanying Grown Ups may not attend coachings if any of the following are true:

- 1) Experienced symptoms that may indicate a potential COVID-19 infection in the last ten (10) days.

These symptoms may include:

- a) Fever (subjective, or measured) or chills
- b) Cough
- c) Shortness of breath or difficulty breathing
- d) Fatigue
- e) Muscle or body aches
- f) Unusual headache
- g) New loss of taste or smell
- h) Sore throat
- i) Congestion or runny nose
- j) Nausea or vomiting
- k) Diarrhea

2. Had a positive test for COVID-19 infection within the past ten (10) days.

3. Have been in physical contact with someone who has suspected or confirmed COVID-19 infection.

General Rules for Coachings

1. Students should only bring their instrument, stand, music, a pencil, and their cellphone to coachings. **NO FOOD OR DRINK IS ALLOWED.**
2. When the coaching is complete, the coach will disinfect all high touch surfaces in preparation for the next group (if applicable).
3. If a group is using the piano, the coaching host will clean the piano keys, and coaches will provide hand sanitizer (feel free to bring your own if you have it).