

# Resuming in-person lessons

August 11, 2020

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- Who has resumed in-person teaching?
- Quick overview of State's requirements for re-opening professional business.
- Strategies:
  - PPE
  - Social Distancing
  - Ventilation
  - Scheduling
  - Hygiene
  - Screening

# State's Requirements

- <https://www.governor.wa.gov/sites/default/files/COVID19Phase2ProfessionalServicesGuidance.pdf>
- will put on a website.
- Total of 18 items... a lot is about protecting employees, which are not applicable for solo teachers.

# State Requirement

1. Arrange contactless or electronic scheduling, pay options, and services wherever possible.
2. Keep occupancy at 50% or lower, with the exception of one to one service in an enclosed room.
3. Develop at each location, a comprehensive COVID-19 exposure control, mitigation, and recovery plan. The plan must include policies regarding the following control measures: PPE utilization; on-location physical distancing; hygiene; sanitation; symptom monitoring; incident reporting; location disinfection procedures; COVID-19 safety training; exposure response procedures and a post-exposure incident project-wide recovery plan.
4. Provide soap and running water at all business locations for frequent handwashing. Professional employee-service providers should be encouraged to leave their workstations to wash their hands regularly, before and after going to the bathroom, before and after eating, and after coughing, sneezing or blowing their nose. Alcohol-based hand sanitizers that contain more than 60% ethanol or 70% isopropanol can also be used, but are not a replacement for the water requirement. Do NOT use methanol based sanitizers.

# State Requirement (cont'd)

5. Post required hygienic practices in areas visible to all workers, which include:
  - o Not touching the face with unwashed hands or with gloves;
  - o Washing hands often with soap and water for at least 20seconds;
  - o Using hand sanitizer with at least 60% ethanol alcohol or 70% isopropanol;
  - o Cleaning and disinfecting frequently-touched objects and surfaces such as workstations, keyboards, telephones, handrails, machines, shared tools, elevator control buttons, doors and doorknobs; and
  - o Covering the mouth and nose when coughing or sneezing as well as other hygienic recommendations by the U.S. Centers for Disease Control (CDC).
6. Provide disinfectants to professional employee-service providers throughout the workplace, and ensure cleaning supplies are frequently replenished.

# State Requirement (cont'd)

7. Clean and disinfect frequently touched surfaces after each use, including reception areas, personal work stations, chairs, headrests and armrests, hand tools, other equipment, handrails, restrooms and breakrooms, and pens/pencils.
8. Adhere to social distancing requirements as outlined in this document. Professional employee-service providers should maintain six feet of space between desks/stations or have physical barriers between them when in use.
9. Increase ventilation rates where feasible. Evaluate ventilation and utilize U.V. filters with a higher MERV rating.
10. Ensure that tissues and trash cans are placed throughout the business.

# State Requirement (cont'd)

11. Advise clients of new requirements when making professional service appointments:

- o Clients must self-screen for signs and symptoms of COVID-19 before arriving at the service provider location.
- o Clients must wear a cloth face covering when at the service provider location.
- o Clients should not bring other guests with them, unless they are bringing children who must be supervised.
- o Clients should advise professional employee-service providers via call, email, or text message that they have arrived at the location for the appointment, and are waiting for instructions to enter.

12. Post a notice at the front door or window regarding access to the facility for walk-in appointments at professional service provider establishments. Employer-owners should include the phone number that the guest should call to determine availability of services. If service is available at the time, the walk-up guest will need to answer questions regarding COVID-19 exposure and current health, and put on a face covering before entering the location.

# State Requirement (cont'd)

13. For off-site services, professional employee-service providers and clients must wear the appropriate PPE and work one-on-one with clients. PPE should be disposed of or sanitized where appropriate per the guidance above, such as disposing of disposable gloves after providing service for a client. Professional employee-service providers must adhere to social distancing requirements, maintaining at least six feet of distance from individuals who may be present at the off-site location.
14. Train all on-site professional employee-service providers on the worksite's policies, the requirements in this document, and all COVID-19 appropriate safety-related requirements and guidance in the language they understand best.
15. Create a policy that requires professional employee-service providers to stay home or leave the worksite when feeling sick or when they have been in close contact with a confirmed positive case of COVID-19. If they develop symptoms of acute respiratory illness, they should seek medical attention and inform their employer.



# State Requirement (cont'd)

16. Screen all professional employee-service providers at the beginning of their day by asking them if they have a fever, cough, shortness of breath, fatigue, muscle aches or new loss of taste or smell. If a professional employee-service provider has a family member with COVID- 19, that individual must follow the isolation/quarantine requirements as established by the Department of Health. If a professional employee-service provider is confirmed to have COVID-19, employers or the individual should inform fellow workers of their possible exposure in the workplace, but maintain confidentiality as required by the Americans with Disabilities Act (ADA). The employer or individual should consult with the local health department and/or instruct fellow workers about how to proceed based on the CDC Public Health Recommendations for Community-Related Exposure.

17. Instruct professional employee-service providers to report to their supervisor or employer if they develop symptoms of COVID-19 (e.g., fever, cough, shortness of breath, fatigue, muscle aches, or new loss of taste or smell). If symptoms develop during a shift, the worker should be immediately sent home. If symptoms develop while the professional employee-service provider is not working, they should not return to work until they have been evaluated by a healthcare provider.

18. If a professional employee-service provider or client reports feeling sick and goes home, the area previously occupied by that person should be disinfected in accordance with CDC and Department of Health guidelines.

# PPE

- Both student and teacher must wear masks when indoor.
- This is the best defense.
- CDC release: Two hairstylists diagnosed with COVID-19 did not result in transmission to any clients (139 total) because everyone wore mask: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6928e2.htm>





# Face Masks



No Neck Gaiters or bandanas



No Masks with relief valve/filter

- Disposable surgical masks, washable cloth masks or better (N-95, PTFE).
- Disposable masks: buy a small order first!
  - Quality can be vary a lot!!!
  - Fraying materials could cause cough, runny nose.
- Some treated with chemical that could cause dizziness, shortness of breath, etc.
- Try a small order first before placing a larger order.
- Disposable masks are intended to be worn for 1-2 hrs only. If it starts to inflate/deflate as you breath, it is too wet to function well. (N-95 will inflate/deflate.)



# Social Distancing

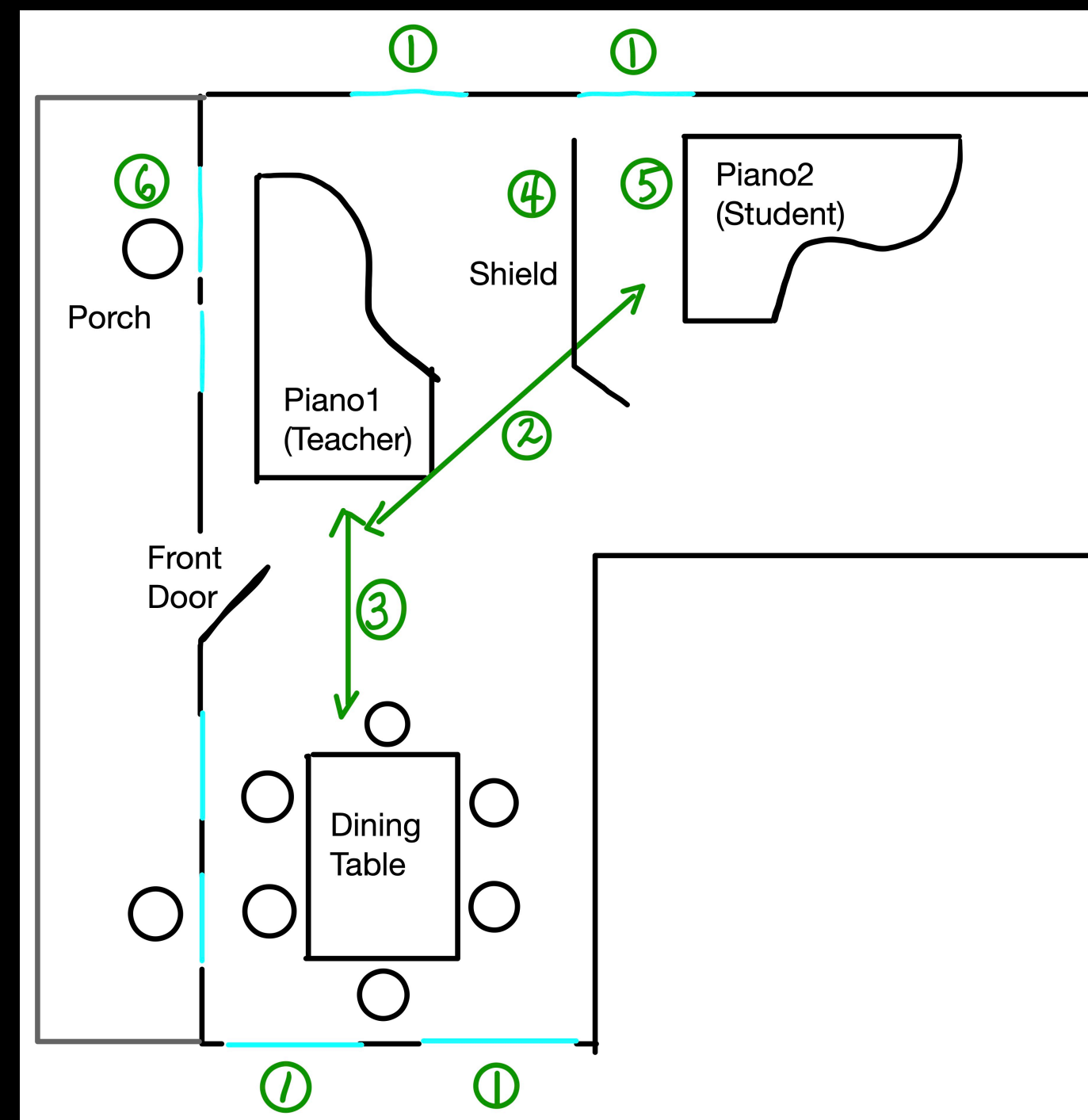
- Separate pianos if possible.
- Physical barriers help.
  - Plexiglass
  - Clear curtains hung off PVC tubing/garment cart
- Use separate areas of home to separate student from teacher
  - Porch/Patio - can add privacy for student and talk to student through a thin piece of plastic mounted on window.
  - Sun Room - keep exterior window open, interior window open but shield with thin plastic.
  - Can also consider hooking up microphone/speaker, use walkie-talkie, baby monitor etc.





# Jason's Strategy:

- Stay at least 10 ft away from students at all times.
- Face mask, Face mask, Face mask!
- Good ventilation - open as many windows as possible.



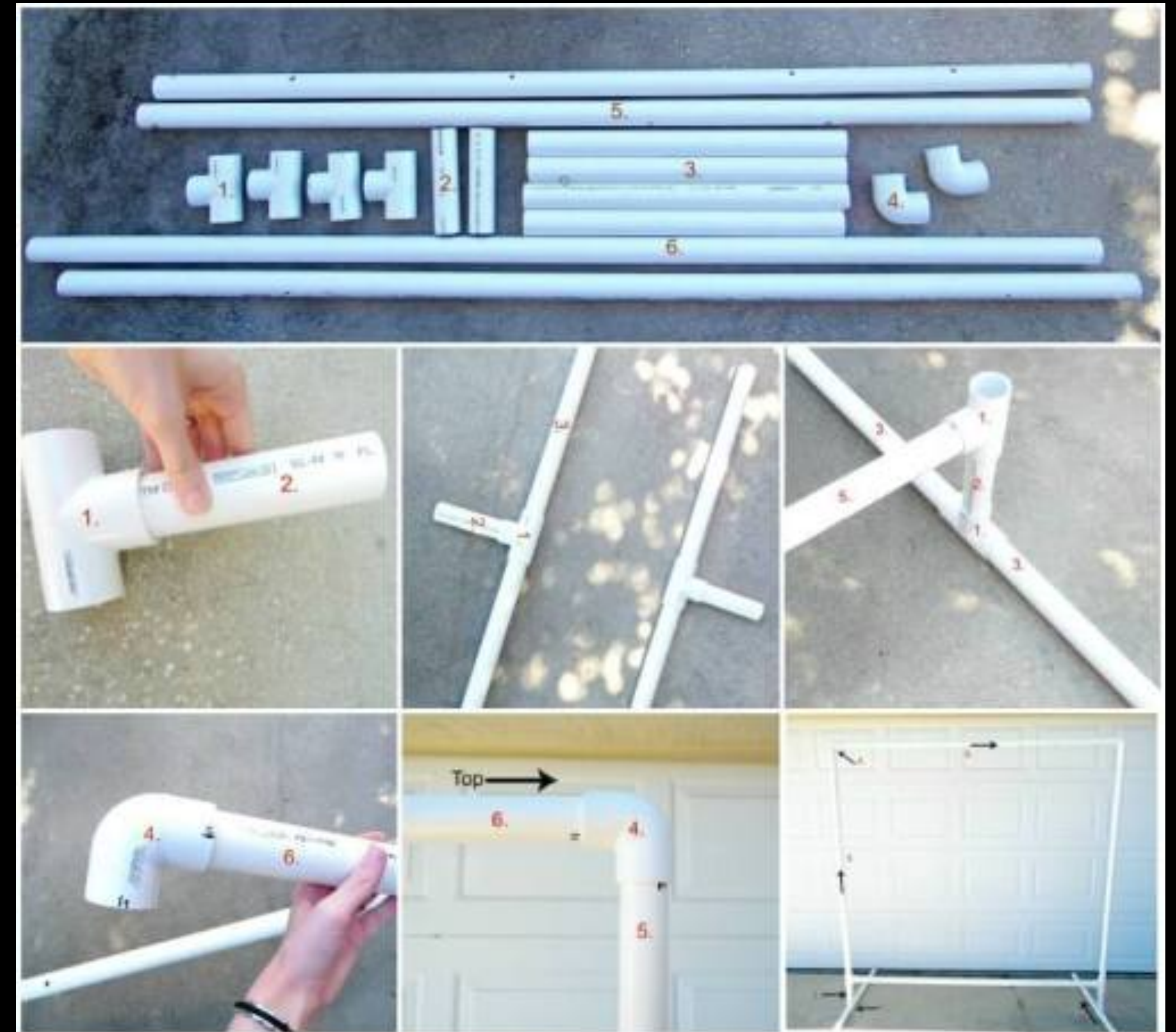


- Local Custom Plexiglass
  - Michael Moore (Seattle Philharmonic Bassist) runs a nonprofit that builds scene/props for EMP, Seattle Opera. His shop is very happy to work with music teachers on custom plexiglass protection.
    - Email: [onehappypilot@yahoo.com](mailto:onehappypilot@yahoo.com)
  - Won't have as much headache with assembly.
- Off-the-shelf Plexiglass
  - Drum Shield (<https://www.pennzonidisplay.com>)
  - Tap Plastics
  - Lowe's





- DIY - PVC frame for hanging clear curtain
- <https://www.abbikirstencollections.com/2018/07/diy-pvc-backdrop.html>



How to make a 6 ft x 6 ft  
PVC backdrop frame.

# Ventilation

- Open windows as much as possible.
  - Do singing and wind instrument instruction outdoors.
- HEPA filter is effective for trapping viruses.
  - Place HEPA filter near student but direct purified air away from student. (i.e. don't blow student's breath all over the house.)



# Ventilation (cont'd)

- Wind instruction study: could make some kind of bag to contain instrument, but student should still wear a mask with a slit cut out for mouth piece.
- <https://www.nfhs.org/articles/unprecedented-international-coalition-led-by-performing-arts-organizations-to-commission-covid-19-study/>



# Ventilation (cont'd)

- Small teaching rooms in an office suite:
  - Stagger schedule with other teachers so only one teacher is there at a time.
  - Keep the room door and windows open.
  - Bring in a HEPA filter.
  - Bring in a physical barrier if possible.
  - Wear a mask at all time!

# Scheduling

- Minimize students running into each other
  - Don't schedule students back to back unless from one family.
  - Student should wait in the car until signaled by you (you open door, texting, etc.)
  - Create an outdoor waiting area (porch, patio etc.)

# Hygiene

- Handwash area for student
  - Make sure plenty of supply of soap/handwash and disposable paper towel (Remove cloth hand towel.)
- Offer hand sanitizer after lesson.
- Disinfect all areas students may come in contact with:
  - Door knob
  - (no alcohol) Piano keys, music stand, bench, plexiglass, fallboard.

- For wiping piano keys: 0.13% Benzalkonium chloride (same concentration as Bactine) (aka BZK, quaternary ammonium) is fine.
- Lysol contains <70% ethanol and benzalkonium chloride.
- Alcohol can damage painted surface, cause key crack, strip the sheen from keytop.
- Dynarex BZK Antiseptic Towelette works well for piano keys (2 towelettes will be enough for wiping 88 keys)

- \$22 a box of 1000 from Amazon





- For other areas/piano surface not compatible with alcohol: disinfect like restaurants do.
- Steramine (“Sanitab”) is a standard disinfectant containing quaternary ammonium at dilute concentration. Listed in NY EPA.
- 1 tablet in 1 gallon of water is standard (suitable as the final rinse of glassware). Manufacturer recommends 2-3 tablets in 1 gallon for Covid-19.
- Spray on microfiber cloth and wipe. No odor.
  - <https://www.youtube.com/watch?v=1XRDtyxWma8>
- ~\$11 from Amazon for a bottle of 150 tablets...



- Cash & Carry also has concentrated disinfectants commonly used in restaurants.
- Follow the instruction to dilute.
- Recommend using test strips regularly to monitor the strength.

# Hand sanitizer lotion (nonalcohol)

- Semiconductor industry regularly use hand sanitizer lotion containing 0.13% benzalkonium chloride
- Nondrying.
- Lasting protection up to 4 hours.
- Wash off before contacting food or eyes.
- <https://rrlotion.com/alcohol-free-sanitizers/>





# Screening and Waiver

- Should you take your student's temperature prior to entry?
  - There could be asymptomatic carriers that temperature screening will not catch. Don't let your guard down and lower your mask!
- Waivers: are they necessary?
  - Lawsuits probably won't stick in this situation.
  - Might be a good way to keep a log. (Record student temperature).
  - Could also just be signed once.