

The Gilbert & Sullivan Very Light Opera Company

Health and Safety Plan for the

2024 Production of *Utopia, Limited*

Key Points

1. Find out if you have insurance coverage that will pay for PCR testing. (page 1)
2. Stay home and get tested if you have symptoms. (page 5)
3. Consider masking following an exposure to COVID or another respiratory illness. (page 6)
4. Isolate and then mask if you test positive. (page 6)
5. Submit proof of receiving an updated COVID vaccination. (page 2)
6. When in doubt, talk to your COVID Safety Officer! (page 2)

Check our [testing resource guide](#) for places to obtain tests.

Introduction and Explanation

The Gilbert & Sullivan Very Light Opera Company (GSVLOC) is committed to providing a safe and healthy environment and experience for cast, production staff, crew, volunteers, guests, orchestra members and the audiences for the 2024 production of *Utopia, Limited*. The GSVLOC has, therefore, developed the following COVID Health and Safety Plan in response to the COVID pandemic.

While the COVID Health and Safety Plan is administered by the GSVLOC Board, which maintains the overall authority and responsibility for enforcing the provisions of this plan, all GSVLOC participants are responsible for supporting, implementing, complying with, and providing recommendations to further improve all aspects of this plan. Only through this cooperative effort can we ensure everyone's health and safety.

All cast, production staff, crew and orchestra members, and volunteers (referred to as "participants") will be notified of these policies prior to their participation. Participation in the production will be considered an agreement to abide strictly to these policies, without exception. A significant failure to do so, as determined by the Directors, Stage Manager or the GSVLOC Board, will result in dismissal from the production.

This plan will be revised as the conditions of the pandemic change and as the GSVLOC becomes aware of situations and concerns that the current plan doesn't address. The GSVLOC will make every effort to notify all participants, and when relevant, audience members of these changes.

Notes on PCR and Antigen Testing

PCR tests are more sensitive for detecting positive COVID cases than antigen tests. Here is a guide to choosing which testing to use.

Determine if your insurance covers PCR testing

The GSVLOC does not reimburse for testing. Participants should ascertain whether their insurance covers PCR testing in the case of symptoms. If participants do not have to pay out of pocket for PCR testing, they should use PCR testing when symptomatic, unless they have had COVID in the past 90 days (see below).

If participants do not have insurance coverage that will pay for a PCR test at the time of symptoms, they can substitute antigen testing per the procedure described in the Symptoms section.

If you have tested positive for COVID in the last 90 days

The Centers for Disease Control (CDC) recommends that people who have had COVID within the last 90 days test use antigen tests, not PCR tests, to avoid false positives that can occur with PCR tests following an infection.

Participants who tested positive in the last 90 days should complete all required testing using antigen tests. Participants should return to using PCR tests once 90 days have elapsed. A positive COVID result on any PCR test will be treated as a positive COVID result for the purposes of isolation procedures, even if the person subsequently tests negative on antigen tests.

Standards For Cast, Production Staff, Crew, Guests and Orchestra Members

COVID Safety Officers

The GSVLOC Board is the authority and retains overall responsibility for enforcing the provisions of the COVID Health and Safety Plan. The Board, however, has designated individual members as COVID Safety Officers, to serve as resources for and to ensure compliance of specifically designated segments of the cast, production staff, crew, orchestra members, and guests.

The current COVID Safety Officers are as follows:

Principals – Wendy Matsutani wmatsutani@gmail.com

Female Chorus – Mallory Rabehl malloryr99@gmail.com

Male Chorus – Tom Berg thomasberg9@gmail.com

Production Staff, Backstage, Guests – Malka Key malka.key@gmail.com

Orchestra Members – Barb Hovey bphovey22@gmail.com

The children of participants who will be backstage will be aligned with the COVID Safety Officer representing the parent of the child.

Vaccination Status

All participants must have received an updated fall 2023 COVID vaccine.

All participants must provide proof of their vaccination status to the Producer prior to the beginning of rehearsals, or before their first participation in the production.

Participants may demonstrate their vaccination status with the Docket app, by submitting a vaccine record from their healthcare provider, or by submitting proof of a vaccination appointment.

Environmental Precautions

The GSVLOC will provide an air purifier in the Green Room and in each of the two Dressing Rooms, as well as the two air purifiers in the orchestra pit area to improve air quality and circulation.

All rehearsals will have the option for actors to observe by video conference (e.g. Zoom) if they are unable to attend due to symptoms, but feel well enough to observe remotely.

Masking

Masking is optional for all participants, except when required due to an exposure, symptoms, or a positive COVID test, as detailed in the sections below.

Cast will not mask during the following:

Sitzprobe Rehearsal: Cast members unmask will when singing and playing
Cover (Understudy) Rehearsal Run: Cast members will unmask when onstage
Tech Rehearsals (March 26-29): Cast members will unmask when onstage

Performances: Cast members will unmask when onstage

Cast members who are following the procedures for symptoms, exposure, or positive test scenario, described below, and who have determined that they are not required to stay home, may mask during the Sitzprobe, Cover Run, or Tech Rehearsals in consultation with their COVID Safety Officer. This does not apply to performances.

Types of Masks

When masking, participants are encouraged to use N95, KN95, or KF94 masks, but standard 2-ply cloth masks are acceptable. Surgical masks are acceptable if well-fitted, without gapping. Face shields, masks with a valve, gaiters, scarves, etc. are not acceptable.

Response to Symptoms

Below is a list of COVID and flu symptoms:

Fever or chills

Temperature greater than or equal to 100° F

Temperature higher than the individual's normal body temperature

Feeling feverish

New cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Sore throat

New loss of taste or smell

Nausea or vomiting

Diarrhea

Headache

Congestion or runny nose

Participants must stay home, test, and inform the Stage Manager and their COVID Safety Officer if they experience any of the symptoms listed in bold above. They must use a PCR test, if covered by insurance, unless they have had COVID in the last 90 days.

When to return to rehearsal

If feeling well enough and fever-free for 24 hours without medication, participants may resume rehearsal or performance following a negative PCR test or two antigen tests taken 48 hours apart.

All participants should mask at all rehearsals until symptoms resolve. They will perform unmasked, but should mask backstage.

Participants who take a first antigen test due to symptoms and whose symptoms have fully resolved in less than 48 hours may attend rehearsal before taking a second test as long as the first test was negative.

Participants experiencing headache, congestion, or runny nose, or who are feeling unwell in other ways should mask at rehearsal and consider staying home and testing.

Participants who are at rehearsal must leave if they are experiencing symptoms in the bold text above. COVID Safety Officers have the authority to tell participants they must leave rehearsal based on presenting symptoms. Other company members who have concerns about another participant's symptoms should encourage that person to talk to a COVID Safety Officer or address their concerns to a COVID Safety Officer.

Response to Positive Test Results

Both antigen and PCR positive test results are considered valid. Participants receiving a positive home test result do not need to confirm the test result with a PCR test. In the case of a positive PCR or home test, follow the procedures below.

Note: When counting days below, Day 0 is the first day of symptoms if symptomatic or the day the positive test was taken if asymptomatic. Day 1 is the first full day after symptoms started or the first positive test was taken.

Rehearsals

Participants who test positive for COVID must isolate. Participants must be fever and symptom free for 24 hours before returning to rehearsal. They may return to rehearsal on Day 6 if they receive a negative antigen test no earlier than Day 5. They must remain masked through Day 10 unless they have two sequential negative antigen (at home) COVID tests, 48 hours apart, no earlier than Day 5 and Day 7.

Performances

Participants who test positive for COVID must isolate. Participants must be fever and symptom free for 24 hours before returning to performances. They may return to performance on Day 11 or after they have had two sequential negative antigen (at home) COVID tests, 48 hours apart, no earlier than Day 5 and Day 7.

From the CDC [Isolation Guidelines](#)

Until at least day 11:

Avoid being around people who are more likely to get very sick from COVID-19.

Remember to wear a high-quality mask when indoors around others at home and in public.

Do not go places where you are unable to wear a mask until you are able to discontinue masking (see below).

If your antigen test results are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

More Severe or Prolonged Illness

Per CDC guidelines, participants must isolate through Day 10 if they experience moderate or severe illness (difficulty breathing, shortness of breath, hospitalization) or have a weakened immune system.

Participants who test positive on follow-up tests should stay home from rehearsal and continue to test every 48 hours. They may return to rehearsal after receiving a negative test result. They may return to performance or unmask at rehearsal after receiving two consecutive negative test results, 48 hours apart.

Notification of Other Participants

If a participant tests positive for COVID, their designated COVID Safety Officer will inform other participants if they have been exposed to a person with COVID in rehearsal or at a performance. Exposure within the company is defined as having been in rehearsal or performance with the person within two days before the person began having symptoms OR within two days before the test that came back positive was taken if the person is completely asymptomatic. In addition, the full company will be informed of the positive test and the date it was taken. Unless the person has requested that their name be withheld, the company will also be informed who tested positive.

If the person requests that their name be withheld, the identity of the person who tested positive will only be shared if there is a compelling need to disclose who it was who tested positive for COVID in order to conduct accurate contact tracing and will be shared with the minimum number of people necessary for that purpose.

Guidelines for Exposure

COVID

Participants who have a COVID exposure and develop symptoms must follow procedures in the Response to Symptoms section.

The CDC recommends masking for ten days following COVID exposure, regardless of symptoms. Participants who have been exposed to someone with COVID are encouraged to consider the extent of their exposure and to exercise their best judgment regarding masking at rehearsal. Participants who have had close contact with someone who is sick with the flu, or another contagious respiratory illness should consider masking during rehearsals for five days.

In the case of ongoing exposure to COVID (e.g. household member tests positive), the Covid Safety Officer, in conjunction with the Board, will determine appropriate precautions. Participants who are especially concerned about any other exposure scenario and believe they need to quarantine should consult with their COVID Safety Officer.

Orchestra Accommodations

The orchestra will consist of approximately 24 instrumentalists.

The Music Director will determine if and to what degree the hallway and/or outside door should be open to improve air quality and circulation.

Refreshments

Refreshments will be permitted backstage at performances and rehearsals. Participants who are otherwise required to mask may briefly remove their masks when actively eating or drinking but should distance from others.

Guests

All rehearsal or backstage guests (children, reviewers, etc.) of the cast, production staff and crew must be fully vaccinated and must provide proof of their vaccination status to the designated COVID Safety Officer. There will be no exceptions to this requirement.

Post Show Greeting

The cast, production staff, crew and orchestra members will not form the traditional "greeting line" in the lobby after performances. Participants may greet audience members in the lobby after the performance.

The Gilbert & Sullivan Very Light Opera Company

Health and Safety Plan for

Audience Members for the

2024 Production of *Utopia, Limited*

Masking

Masks are required for all audience members for the designated masked performance on Sunday, March 17.

Masks are optional for the preview and for all other performances.

For the designated masked performance

Face shields or masks with a valve, gaiters, scarves, etc. are not acceptable. Disposable masks will be available for audience members at the box office.

Audience members at Sunday performances may briefly unmask while actively eating and drinking.

Masking requirements will be posted on the company's website, included in all ticket mailings and emails, and included as a note accompanying mailed tickets. It will be posted on signage throughout the theater.

The House Manager will send an email reminding audience members that masks are required.

If an audience member removes their mask, they will be reminded that they must wear their mask by the House Manager and/or ushers.

Audience members may remove their masks in the lobby while actively eating or drinking during intermission. Audience members who wish to eat or drink in the lobby before or after Sunday performances should social distance while doing so.

Audience members may bring their own bottled water and may drink it in the lobby and the theater. They may briefly unmask while actively drinking water in the theater. Food is not permitted in the theater.

Audience Members with Symptoms

Audience members with COVID symptoms must not attend a performance. Audience members who report that they are experiencing COVID symptoms and will not be attending a performance will be offered tickets to another performance, or their tickets will be refunded.