

The Gilbert & Sullivan Very Light Opera Company

Health and Safety Plan for the

2024 Production of *The McAdo*

Key Points

1. **Test** if you have COVID symptoms.
2. **Inform** the Stage Manager and your COVID Safety Officer if you test positive.
3. **Stay home** until you feel well and are fever-free for 24 hours, without medication.
4. **Test again.** If you test negative, you may resume rehearsals or performances.
5. **Talk to your COVID Safety Officer** if you have questions.

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. 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.

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 – Therese Kulas therese.r.kulas@gmail.com

Female Chorus – Mallory Rabehl malloryr99@gmail.com

Male Chorus – Justin Cervantes justindavidcervantes@gmail.com

Production Staff, Backstage, Guests – Kelly Danger kellyanndanger@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.

Participants who are at rehearsal must leave if they are experiencing symptoms in the bold text below. 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.

Vaccinations

The GSVLOC strongly encourages all participants to be up to date with their COVID vaccinations, but does not require COVID vaccinations for anyone to participate in our production.

Per the Centers for Disease Control (CDC), the most important thing that you can do to protect yourself from COVID, flu, and Respiratory Syncytial Virus (RSV) is to stay up to date on recommended vaccines. Even when vaccines don't prevent infection, they often tame these viruses, reducing severity, and preventing their worst outcomes, including hospitalization and death. Along with staying up to date with your vaccines, practicing good hygiene by covering your coughs and sneezes, washing or sanitizing your hands often, and cleaning frequently touched surfaces, can help prevent the spread of disease.

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 a positive COVID test, as detailed in the sections below.

Cast will not mask during the following:

Sitzprobe Rehearsal (October 25): Cast members unmask will **when singing**

Tech Rehearsals (October 27 - 31): Cast members will unmask **when onstage**

Performances (November 1 – 24): 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 effective.

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 who experience the symptoms listed in bold above must **test**, and then **stay home** and **inform** the Stage Manager and their COVID Safety Officer **if they test positive**.

PCR and Antigen Tests

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.

Testing

Participants must use a PCR test, if covered by insurance, or an antigen test, if not covered by insurance, unless they have had COVID in the last 90 days. 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.

Procedures in Response to a Positive Test

Even if you practice appropriate cautionary measures, you may still catch a virus and develop respiratory symptoms. If that happens, the current CDC Guidance recommends the following two steps:

Step 1: Stay at Home.

As much as possible, you should stay home and away from others until at least 24 hours after your symptoms are getting better overall, and you have not had a fever (and are not using fever-reducing medications such as acetaminophen or ibuprofen).

This advice is similar to what has been recommended for flu for decades and will help reduce the spread of COVID and other respiratory viruses during the most contagious period after infection. Not all respiratory virus infections result in a fever, so paying attention to other symptoms (cough, muscle aches, etc.) is important as you determine when you are well enough to leave home.

COVID testing can help you know if you have COVID so you can decide what to do next, such as getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading the virus to others.

If your symptoms are getting better, and stay better for 24 hours, you are less likely to pass your infection to others and you can start getting back to your daily routine and move on to step 2.

Step 2: Resume Normal Activities and Use Added Prevention Strategies Over the Next Five Days.

This may include taking more steps for cleaner air, enhancing your hygiene practices, wearing a well-fitting mask, keeping a distance from others, and/or getting tested for respiratory viruses. People can choose to use these prevention strategies at any time. Since some people remain contagious beyond the "stay-at-home" period, taking added precautions can lower the chance of spreading respiratory viruses to others.

People who are at higher risk for severe illness who start to feel sick should seek health care right away so that they can access testing and/or treatment. Early treatment for COVID or flu may prevent severe disease in people at higher risk, even if they are up to date with their vaccines.

If you are feeling well enough and fever-free for 24 hours without medication, you must test again. Inform the Stage Manager and your COVID Safety Officer if you test negative. You may resume attending rehearsal or performances.

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 to conduct accurate contact tracing and will be shared with the minimum number of people necessary for that purpose.

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 test and potentially, to quarantine, should consult with their COVID Safety Officer.

The Gilbert & Sullivan Very Light Opera Company

Health and Safety Plan for

Audience Members for the

2024 Production of *The McAdo*

These requirements were adopted better to ensure the health and safety of all those attending and those staging our productions.

Masking

Masking is recommended but not required for any performances.

Audience Members with Symptoms

Audience members with COVID symptoms must not attend a performance. Audience members who report COVID symptoms prior to curtain will be offered a refund or tickets to a different night's performance.