

## Classes that Involve Increased Respiration

Chorus, singing, brass or woodwind instrument use, physical education activities, dance, and theater require enhanced health and safety measures, because they may involve increased respiration. Research into optimal ways to maximize safety in these types of activities is ongoing. As a result, in consultation with our medical advisors, our guidance at this time is intentionally conservative and recommends modifications to minimize these elevated risks.

**We strongly encourage these courses and activities be held fully or partially online if possible.**

**If they are held in person, we strongly encourage – and at times require – these activities to occur outdoors.** Safety requirements for these activities are as follows:

For chorus, singing, musical theater, and using brass or woodwind instruments:

- **If outdoors, with masks encouraged if possible**, these activities can occur with at least 10 feet of distance between individuals.
- **Note: At this time, these activities are not permitted indoors.**

For non-musical theater:

- **If outdoors, with masks encouraged if possible**, these activities can occur with 6 feet of distance between individuals.
- **If indoors, with masks required**, these activities can occur with 6 feet of distance between individuals.
- **Note: These activities cannot occur indoors without a mask.**

For physical education activities and dance:

- **If outdoors, without masks**, these activities can occur with 10 feet of distance between individuals.
- **If outdoors, with masks required**, these activities can occur with 6 feet of distance between individuals.
- **If indoors, with masks required**, these activities can occur with 6 feet of distance between individuals.
- **Note: These activities cannot occur indoors without a mask.**