

Fall 2020 Trombone Studio Covid Safety Policies

I'm hoping to add some clarity to what will be happening this fall for us to work in an environment that is as safe as possible, while still moving forward and improving as musicians and trombonists. I've been following many of the studies and tests about brass playing and virus spread. What follows is what I believe will be best practice, and what I will be requiring in the trombone studio for face to face lessons. It is entirely possible that some of you are not comfortable with these mitigating strategies and still will not feel safe with live lessons. If that is the case, please let me know and I will be happy to continue with remote lessons for you.

Return to Campus

You've probably heard this a lot, but you will need to complete the online Covid safety training before being allowed back on campus. To access the Skillsoft training, visit mycuinfo.colorado.edu, click on **Skillsoft**, then **CU Boulder**, then search for **CU: COVID-19 Safety and Awareness—CU Boulder**. There is also a daily health questionnaire that will need to be completed each day you are on campus: <https://www.colorado.edu/protect-our-herd/daily-health-form>

Building access

Imig Music Building access is limited to approved BuffOne swipe cards only. Do not let anyone else into the building.

Distance/Outdoors

The majority of recent studies I have read indicate that increased distance between player/teacher is one of the best factors in mitigating virus spread. I have made several small changes in the trombone studio to allow for campus distance recommendations/requirements. There is also a room-size HEPA air filtration unit in the studio. When possible, we might go outside for lessons – greatly reduced possibility of transmission outside.

Masks

Wearing masks is required while on campus, inside and outside. Several studies tested masked playing with the mouthpiece accessed through a slot in the mask. I haven't seen significant reduction in aerosol spread while playing with a slotted mask. So for now, I will not require a slotted mask. Masks will still be worn during lessons, pulled down to play, then replaced. If you feel more comfortable wearing a slotted mask while playing in lessons, please feel free to do so. Other teachers/conductors may require slotted masks.

Time Restrictions

While in the Imig Music Bldg., College policy allows no more than 30 minutes of playing wind and brass instruments/singing followed by at least 15 minutes to allow air exchange in rooms. This is the case for all rooms = practice rooms, classrooms, rehearsal rooms, etc. That includes the trombone studio.

Bell Coverings

The studies show that bell coverings provide significant reduction in aerosol spread. You will be required to have a bell cover in place for all situations where you will be playing – lessons, practice, rehearsal, performance, etc. “Wig caps” seem to work very well for us. They are quite thin, so I have 2 on my bell with minimum response/tone difference. These will fit bells on small-bore instruments as well as large-bore. They also fit larger bass trombone bells but are stretched quite thin – 3 or so might be necessary for bass trombones. For the foreseeable future I don’t see any reason to remove these, the instrument still fits in a case. Trombone stands will not work with bell coverings in place.

Mouthpiece Buzzing

We will do minimal mouthpiece buzzing in the studio. If you wish to include more in your practice, outside, far away from others would be best. Buzzing a small amount at a moderate volume, alone in a very well-ventilated indoor space, would probably be OK. Try to get efficient with amount of airflow to sound ratio. If there is any doubt in your mind about safety to you and others, a semester (or so) off will not hurt anything in the long run.

Condensation Collection (required):

It seems obvious, but you will be required to safely collect your own condensation everywhere you play (we should probably be doing this anyway). And while we are at it, it isn’t necessary to forcibly blow air through the instrument to release the water. Doing so will spread more aerosols and is much less effective in releasing the water. Some options:

Covered plastic container, Tupperware-like, line the container with a small towel - clean the towel daily. An example:

https://www.amazon.com/Rubbermaid-TakeAlongs-Rectangle-Container-1824171/dp/B000RNH9C2?ref=Oct_s9_apbd_orecs_hd_bw_bAf4tpL&pf_rd_r=CORN3KDNBSD80P5JFPBX&pf_rd_p=abf1f890-9b4c-5282-8319-aedd1283f7b1&pf_rd_s=merchandised-search-11&pf_rd_t=BROWSE&pf_rd_i=9768326011#HLCXComparisonWidget_feature_div

(Declan – Target discount?)

A medium-sized cloth towel to collect the water. When done rehearsing, practicing, etc., put the towel in a small plastic bag (small trash can liner, large Zip-loc storage bag) and seal it with a twist-tie, binder clip etc. Clean the towel daily.

Disposable “puppy pads”

https://www.amazon.com/s?k=puppy+pads+pet+training+pads+small&i=pets&crd=241W4TPUSG0BN&sprefix=puppy+pads%2Cpets%2C205&ref=nb_sb_ss_ts-o-p_3_10