

Norwegian Music Council Recommendations

Infection Protection for Music Exercises (v. 150620)

Introduction

This guide is designed in accordance with the regulation of March 27, 2020 on infection control measures, etc. at the corona eruption (Covid-19 regulation), which prohibits certain cultural and sporting events, etc. where people physically meet (§ 13). The guide is last updated on June 10th.

The purpose of the regulation is to limit the spread of the coronavirus in the population, thereby limiting the number of people who physically meet. This guide intends to establish the necessary driving rules for organized music activity to be carried out in line with this.

Music exercises are not a cultural event in the general sense, but are an organized cultural activity where people must physically meet in order to play and sing together. In order for this to be carried out in such a safe manner and in accordance with the contagious measures that are available, this supervisor has been assessed and approved by the Directorate of Health [[1](#)].

Section 4 of the Covid-19 Regulation presupposes that the Directorate of Health provides physical distance recommendations to be kept between people and restrictions on the number of people that can be gathered in a group. This supervisor can only be used within the current limit on the number of participants in a group so the Directorate of Health has set.

Although the Covid-19 regulations should not prevent musicians from meeting outdoors for physical exercise, all while complying with the guidelines available to the public otherwise, this guide applies to exercises and performances both indoors and outdoors, and addresses all forms of interaction and music regardless of genre or musical expression.

The guide has been prepared by the Norwegian Music Council in collaboration with representatives from bands, choirs, bands and orchestras.

The June 15 update includes:

- Music exercises should be done by grouping up to 20 people per group. Several groups can participate and the distance requirement between groups is the same as between people.
- Permanent participants in organized leisure activities for children and young people as well as those responsible for this can make exceptions to the 1-meter rule.

The social role of the music scene

Music is a universal form of expression across languages, genders and ages, which plays a major role in most people's lives. When the greatest and decisive events in life are passed, music is of course part of the mark, and important to strengthen cohesion, joy and comfort. For the practitioners, music is an expression and activity that creates mastery and cohesion and which motivates to constantly seek new heights. For the audience, a source of disconnection and connection and for shared experiences.

After the shut down of cultural activity as a result of the corona eruption, the voluntary music scene was cut off from effective and good joint exercises. However, joint exercises can be performed while protecting the infection, which is important both for the practitioners and to give the audience access to live music.

Music exercises are important to safeguard the social, provide unity and inspiration. It is quite possible to perform music exercises even if the musicians keep their distance and follow the other contagion prevention advice available.

In order to limit infection during a controlled exercise, there are a number of measures that can be implemented to reduce the risk of infection.

Infection prevention measures

The purpose of the advice is to limit and delay outbreaks of Covid-19 that may occur during music exercises.

All measures must be based on the Health Directorate and the Public Health Institute's current restrictions and recommendations.

The five pillars to slow down the spread of infection during music exercises are:

- Sick people should not participate in music exercises
- Good hygiene
- No physical contact between people
- Be careful when using instruments and equipment
- The exercise room must be suitable: Enough space for musicians and equipment

Sick people should not participate in music exercises

Participants in music exercises must familiarize themselves with the [mode](#) of [infection](#) and [symptoms](#) as explained on the website of the National Institute of Public Health.

Good hygiene

Good hygiene measures must be established in connection with the exercises, so that the [advice on hand hygiene](#) can be carried out in the immediate vicinity of where it is to be sung or played.

The premises must have a plan for cleaning from the building owner, which shows the frequency and other cleaning routines.

The Institute of Public Health has made recommendations that apply to the [cleaning of various types of items](#) such as floors, tables and equipment.

- Ensure access to proper hand washing, including enough soap and paper towels for all washbasins and toilets.
- Have alcohol-based disinfection available.
- Cleaning of piano keys, percussion equipment and other surfaces stored in the exercise room to be used during the exercise.
- Proper handling of condensation from wind instruments must be ensured.

No physical contact between people

As a rule, it is not possible to organize music activity where physical close contact is unavoidable, and / or where it will be difficult to comply with the required distance at any time during exercises or activity (certain exceptions have been made for children and adolescents up to 20 years of age). , see own point).

- The room must be completely emptied before a new group can visit the room.
- No joint rigging. Chairs and equipment must be set up in advance of the exercise.
- Reduce the possibility of contact that may occur in congestion, by planning break activity and on the way in and out of the exercise.
- Divide the exercise room into zones so it is easy to keep your distance.
- No joint serving of food and drink.

Be careful when using instruments and equipment

Although some studies show that the virus can be detected on surfaces and objects from hours to days, it is uncertain to what extent the virus is viable and thus capable of causing disease. As long as good hand hygiene is maintained before and after using the equipment, the risk of indirect infection will be low.

- Instruments and musical equipment should, as far as possible, not be shared and not touched by anyone other than the person using it. Notes, tablets, cables, drill bars, bows, strings, resins, pencils or plaques should not, as a general rule, be shared with others.
- If common equipment must be used by several, hand washing is recommended before and after use.
- If the activity depends on the use of shared or shared equipment, participants must be encouraged not to touch their face as long as the activity is in progress.
- The sharing of equipment that involves very close contact with the face or hands (drill sticks, gloves, percussion, sticks, clubs, etc.) should be restricted.
- Equipment that has been used by several must be considered cleaned after use (between each session).

- Be careful when using microphones and wind caps for these.
- For wind instruments intended to change users, the National Institute of Public Health is of the opinion that it should have been 3 days after a change of instrument before it can be used by another person. It is important to remove, wash and dry saliva as far as possible.
- Agree on who should use or operate shared equipment such as piano, drum kit, song system, mixing desk and the like.
- Rigging and moving equipment such as chairs, pauses and percussion equipment should be planned in advance.

The exercise room must be suitable: Enough space for musicians and equipment

The general infection control regulations apply in the rehearsal room whether you are playing or have a break. Remember good hygiene and keep a distance between practitioners.

- Prior to using a new room or performing in new locations, a practical review should be conducted to ensure that the protection against infection is adequately safeguarded.
- Use accessible rooms that are easily accessible and where everyone is on the same level (do not use stair solutions) and large enough to follow the distance rules.
- The use of school buildings during school hours must comply with current regulations on infection prevention in teaching.
- Follow the authorities' requirements for distance, group sizes and maximum number of participants. Changes may occur at short notice.
- Follow room size guidelines for different group sizes [*]. For exercise rooms smaller than 25 m², the requirement is that it should be possible to keep a minimum of 1 meter distance between each person.

Special responsibility for the facilitator

Those who organize music exercises should keep up to date on relevant recommendations from public health authorities and the Norwegian Music Council and organize the activity accordingly.

For example, concerts, events or championships that collect more than the number restrictions cannot be arranged. All types of music activity must be done in a way that ensures that the Directorate of Health's current recommendation on gathering persons and gathering in groups is complied with.

Do not perform music activity unless you are absolutely certain that the activity does not contribute to increased risk of infection and that it can be exercised in accordance with the recommendations. Otherwise, the activity should be interrupted immediately.

It is recommended that participants in music exercises be divided into groups of up to 20

people. Distance between each group is the same as the distance requirement between each person. Where possible, participants should be divided into regular groups that preferably gather participants who interact in other contexts, for example from the same local environment, school district and the like. They must both individually and collectively comply with the infection prevention councils. Each group should have a person responsible for keeping track of infection prevention advice and to enable rapid infection detection.

From June 15, 200 people can attend a public event (in addition to performers and organizers). For concerts and other events, see [Infection](#) Protection Supervisor [for concerts and events](#) during the covid-19 outbreak [2].

- Everyone who participates in the exercise must be informed about the rules that apply to the number of people, distance to each other, and how to perform in the exercise room in advance of attendance at the exercise.
- In activities for children and adolescents, an adult should be present and ensure that the activity is carried out in accordance with the recommendations.
- Have dialogue with members of the risk group and take into account the need for facilitation.
- Restrict other meetings that require physical attendance and use video conferencing whenever possible.
- Choose one infection control manager in each ensemble. A continuous overview of the persons who participated has to be kept. An overview of those present with contact information must be kept in a proper manner and deleted when the information is no longer necessary [3].
- In order to simplify any infection detection, each practitioner's location should be logged so that it is easy to identify which practitioners have had [close contact](#) [4] with one who is confirmed ill with covid-19 [5].

Current regulatory requirements with 1 meter distance indoors are, by definition, close contact after 15 minutes. Maintaining a distance of 2 meters between each practitioner will limit the number of people who must be quarantined if infection is detected after the exercise has taken place.

Music and choir exercises or other similar cultural activities are not covered by the prohibition in Covid-19 regulation § 13 letter a. The prohibition in the provision applies to cultural events where people physically meet. A natural understanding of the word "cultural event" indicates that the prohibition is intended to frame performances and the like where it is arranged for people to meet, such as concerts, theatrical performances and dance performances.

Although music exercises and other similar activities are not covered by the prohibition in section 13 (a) (a) of the Covid-19 regulation, such activities must always follow the current recommendations on distance between persons and the gathering of persons in groups, cf. section 4 of the regulations.

Especially about activities for children and young people

Organized recreational activities for children and adolescents (up to 19 years) with regular participants may make exceptions to the rule of 1 meter distance between participants. The exception to the 1-meter rule applies to participants up to 19 years and those who host the event, but adults should keep away from other adults. These rules also apply to summer camps and other summer activities for children and young people. The exception applies only to exercises and not to events. For competitions and other events, 1 meter distance between the musicians is regulated.

Leisure activities should be organized so that participants participate in regular groups of up to 20 people who are not mixed. At meetings with more than 20 participants, participants should be divided into smaller, fixed groups that do not have close contact with other groups.

Longer-term arrangements with day-care offers several days in a row or overnight stays (such as summer camps, summer schools, summer courses and other holiday activities) can be carried out under certain conditions, see further information and risk assessment from FHI [6] [7].

[1]<https://www.helsedirektoratet.no/supervisors/koronavirus/idrett-kultur-creation-parks-and-voluntary-organizations#musikkovelsler-can-for-measures-for-infection-regulations-be-complied>

[2] <https://www.konsertarrangor.no/corona-virus/2020/infection-control-supervisor-for-shows-and-events-sub-covid-19-onset/>

[3] After covid-19 regulation §13 <https://lovdata.no/dokument/SF/forskrift/2020-03-27-470#shareModal>

[4] Defined as less than 2 meters distance for more than 15 minutes of continuous [https://www.fhi.no/nettpub/coronavirus/helsepersonell/definitions-of-](https://www.fhi.no/nettpub/coronavirus/helsepersonell/definitions-of-suspected-and-confirmed-cases-med-coronavirus-coronavir/)

[suspected-and-confirmed-cases-med-coronavirus-coronavir/](https://www.fhi.no/nettpub/coronavirus/rad-og-informasjon-til-andre-sektorer-og-yrkesgrupper/anbefalinger-ved--store-arrangementer-knyttet-til-koronasmitte-i-norge/#events-and-summer-activities-for-children-and-young-of-longer-duration) [5] Mentioned in the Contingency Act §3-6 <https://lovdata.no/document/EN/lov/1994-08-05-55#shareModal>

[6]<https://www.fhi.no/nettpub/coronavirus/rad-og-informasjon-til-andre-sektorer-og-yrkesgrupper/anbefalinger-ved--store-arrangementer-knyttet-til-koronasmitte-i-norge/#events-and-summer-activities-for-children-and-young-of-longer-duration>

[7] <https://www.fhi.no/nettpub/coronavirus/fakta/barn-og-unge/>

Version history:

30.04.20:

- Inserted the Directorate of Health's reference to the supervisor.
- In relation to May 17, musicians who practice outdoors can gather the entire band.

- Changed distance between people from at least 2 meters to at least 1 meter according to a new assessment from the Directorate of Health
- Music exercises can be performed with up to 30 people with at least 1 meter between each person. Division into groups of 5 people with 4 meters between each group is no longer necessary.
- From May 7, events can be held that gather up to 50 people.
- Disinfection of piano keys, etc. changed for cleaning.
- Recommended minimum room size changed from 4 m² to 3 m² per person.
- Clarified that the infection control officer is responsible for keeping track of who is participating.

04/06/20:

- Inserted a reference to the Norwegian Institute of Public Health's recommendation for cleaning different types of surfaces.
- Recommendation of time between switching wind instruments that are shared between several people.
- Supplementary explanation to the table of recommended smallest room sizes.
- Inserted reference to Infection Protection Advisor for concerts and events during the covid-19 outbreak.
- For recommendations on smallest room sizes, it is specified that exercise rooms smaller than 25 m² are required. shall be possible to keep a minimum distance of 1 meter between each person.
- From June 15, events can be held with up to 200 people.
- Recommendation to log the location of practitioners during the exercise, with regard to any subsequent infection detection.
- New item on children's and youth activity up to 19 years of age, exceptions to distance determination under certain conditions. Acc. provision for child sports yellow measure level, this is considered by the Public Health Institute generally applicable to children and young people's leisure activity where distance of 1 meter will prevent the activity.
- Referred to the National Institute of Public Health's detailed recommendation for summer activities and gatherings with accommodation for children and young people.

06/10/20:

- New provisions for the use and sharing of equipment. No co-operation has been changed to be careful when using equipment and instruments, with the advice given in [section 2.4](#) of the Sports Infection Protection Act. The points are included in the guide for Music Exercises in consultation with the Public Health Institute and the Ministry of Culture.
- Added explanatory section on distance and close contact if infection is detected after the exercise has taken place.

06/15/20:

- Deleted reference to the Infection Stop application.
- Added that the infection control officer should keep contact information and assist the municipality with any subsequent infection detection.
- Music exercises should be conducted using groups of up to 20 people per group, as stated in [Chapter 1](#) of the Infection Control for Sports. Several groups can participate and the distance requirement between groups is the same as between people.
- Permanent participants in organized leisure activities for children and young people as well as those responsible for this can make exceptions to the 1-meter rule.

[*] Recommended minimum room sizes for different group sizes

Calculated with a buffer + 3 m2 per practitioner (preferably 1.5 meters between each practitioner to the side, 2 meters to the next practitioner in front). Note: The buffer is indicative and set to secure enough space for equipment (backline and percussion rigs) and at the same time maintain sufficient distance between the performers. However, this needs to be assessed based on the current situation, and adapted to the equipment quantity and needs. For exercise rooms smaller than 25 m2, the requirement is that it should be possible to keep a minimum of 1 meter distance between each person.

Group	buffer	+ 3 m2 per practitioner	= Total m2
5	10 m2	15 m2	25 m2
15	20 m2	45 m2	65 m2
30	30 m2	90 m2	120 m2
> 31	30 m2	number of x 3 m2	

Translated from

<https://www.musikk.no/nmr/om-oss/medlemsorganisasjoner/ressurser-for-medlemmer/veileder-smittevern-for-musikkovelsler>