

## Let's all sing... and sing safely!

We know so much more about safe singing practices now than we did at the outset of the pandemic. Mounting research has established how to mitigate risk factors in singing, with studies carefully examining how to proceed safely.

Fewer than half the teachers who responded to the *Singing in Canadian Schools: COVID-19 Impact Survey* are able to implement recommended guidelines that would allow singing in schools given space and resource limitations.<sup>1</sup>

An even larger portion of teacher respondents (69.3%) say they have not yet received those resources required to bring safe singing practices into the classroom: resources we aim to see considered in planning for the coming year.<sup>2</sup>

### **PERFORM - (Particulate Respiratory Matter InForm Guidance for the Safe Distancing of Performers in a COVID-19 Pandemic) Study**

- Found that singing does not produce substantially more aerosols than speaking at a similar volume.
- Study team recommends that musical organizations consider treating speaking and singing equally.
- Factors to consider for safe singing: number of participants, air exchange rate and ventilation in the space and the duration of rehearsal/performance.

### **International Coalition of Performing Arts Aerosol Study**

- Singers produce aerosols at similar rates as woodwinds and brass.
- When singers wear a well-fitted, three-layer, surgical-style mask, they have a reduced release of aerosols.
- Factors to consider for safe singing: wear masks at all times, 6-foot distancing and consider ventilation by limiting rehearsals to 30 minutes inside (60 minutes outside), followed by a minimum of one air exchange rate.
- Plexiglass partitions are *not* recommended due to HVAC system design limitations in rooms and a concern for aerosol build-up when plexiglass barriers are used.

### ***Want to learn more? Check out these resources:***

- [Choirs in the age of coronavirus: A new study looks at the risks of singing.](#)
- [Singing is no more risky than talking - finds new COVID-19 study.](#)
- [Third Round of Performing Arts Aerosol Study Produces More Scientific Data for Return to Activities](#)
- [International Coalition of Performing Arts Aerosol Study Report 3](#)

#### ABOUT THIS SURVEY

The *Singing in Canadian Schools: COVID-19 Impact Survey* paints an authentic picture of our experiences as Canadian music educators. The survey sample pool was substantial and representative, with almost 1000 respondents from across the country. Comprehensive survey results hold the potential to guide policy and practice related to singing in schools in the upcoming year, keeping students engaged AND safe. Final report publication to follow.

<sup>1,2</sup> Morin, F., & Mahmud, M. N. (2021). Singing in Canadian schools: COVID 19 impact survey. Unpublished preliminary findings. Choral Canada.