

# COVID-19 Response Plan

## Introduction

The following document outlines the risks of a COVID-19 (novel coronavirus) outbreak to Maruki Community Orchestra (MCO) and the actions it will take to limit the effects on the Orchestra, its members, and community.

COVID-19 has now been detected in the ACT (12 March 2020). MCO is taking the threat of COVID-19 seriously and has developed this response plan, advising members, and associates what it will be doing in the event of a Canberra-based outbreak.

## What is COVID-19?

The COVID-19 outbreak has dominated the news for the past three months. For information on COVID-19 see ACT Health which has provided a set of resources to support the Community's response to an outbreak in Canberra. Members are advised to regularly check these resources and obey any directions issued. The "COVID-19 - The basics" factsheet:

[http://health.act.gov.au/sites/default/files/2020-03/COVID-19%20Basics\\_06032020.pdf](http://health.act.gov.au/sites/default/files/2020-03/COVID-19%20Basics_06032020.pdf)

The latest information about novel coronavirus (COVID-19) in the ACT:

<https://health.act.gov.au/public-health-alert/updated-information-about-covid-19>

## Risk Assessment

The biggest risk to MCO regarding exposure to COVID-19 is our rehearsal space. Rehearsing in a space that is utilized by many other diverse community groups puts MCO at greater exposure to factors that may contribute to the contraction of COVID -19. There is serious risk for some of MCO members regarding their health so we must take this consideration seriously. Illness or social distancing from groups to avoid potential issues may result in high absenteeism at rehearsals and in the future, the possibility of cancellation of rehearsals and concerts.

Members could be infected by:

- Direct human-to-human transmission via contact between members and/or other users of the site;

and/or

- Indirect transmission via contact with shared surfaces, such as musical equipment, sheet music, chairs, door-knobs, light switches, kitchenette and toilet facilities. Even the sharing of pencils or instrument tuners, something we normally would not think of as being important is a shared surface we must be aware of.

The same transmission vectors are also present at performance venues, meetings and other gathering places but the practise venue environment poses the highest risk as that's where we spend most of our time.

## **What we are doing**

- We are cancelling community afternoon teas at rehearsal and recommend that you bring your own and not share.
- Cups of tea and coffee are still available if you wish, and plastic disposable spoons are to be used.
- Antibacterial wipes are available at two stations (near the door and near the kitchen) for orchestra members to use when they are arriving, after using the bathroom, before and after break.
- We are hoping to provide as much distance as practicable for members during rehearsal.
- We are monitoring government sites for up to date information and following advice and recommendations as requirements change.

## **What else we will be doing**

- We will be keeping members informed regarding the best management practices for the virus and
- Keeping members informed via email and Facebook with up to date action and rehearsal or cancellation information.

## **What you can do**

- Practice your instrument and the May concert program
- Practice good sneezing and coughing hygiene (into a tissue or into your elbow)
- Wash your hands before and after rehearsal, and after you cough or sneeze
- Avoid touching your face, eyes, nose and mouth
- If you have travelled recently, please allow 14 days to pass before returning to rehearsal
- And above all, if you are feeling in anyway unwell, rest at home and get better
- Keep a healthy regime of good food and exercise.

We understand that despite the carefully planned precautions outlined above, there are some in our Maruki community who remain in the high risk category for the COVID-19 virus and have been advised by their medical professional not to attend rehearsals during this high risk period. This is understandable and we respect and support that course of action.

Orchestra members who require time off from rehearsals as a result of medical advice during this period should submit their name and a letter stating the above from their GP to [Maruki\\_Inc\\_Committee@yahoo.com.au](mailto:Maruki_Inc_Committee@yahoo.com.au) email address and we will suspend your membership until the time you return to the orchestra.

Above all we wish everyone a safe and healthy time.