

For Membership:

To our friends in Region 25,

As many people are wondering when it will be possible to start gathering for rehearsals again, we feel it is important to remind our members to be cautious and keep the lines of communication open when talking about resuming in person rehearsals. Based on current science and [guidelines from Sweet Adelines International](#), R25 leadership is making the following recommendations:

- *Virtual rehearsals* are recommended for the foreseeable future as there is no safe way to sing together in person.
- Follow CDC and your state's recommended guidelines for gatherings and remember that singing is a higher risk activity than just being in the same room with other people.
 - Arkansas: <https://www.healthy.arkansas.gov/programs-services/topics/covid-19-health-guidances>
 - Kansas: <https://www.coronavirus.kdheks.gov/>
 - Missouri: <https://governor.mo.gov/show-me-strong-recovery-plan-guidance-and-frequently-asked-questions>
 - Oklahoma: <https://coronavirus.health.ok.gov/>
 - Tennessee: <https://www.tn.gov/governor/covid-19.html>
 - Texas: <https://www.dshs.state.tx.us/coronavirus/opentexas.aspx#protocols>
 - CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Please make sure to stay informed on current science for singers. View the latest [here](#).

If you have any questions or need additional guidance, please reach out to the following:

Lindsay Chartier - Membership Coordinator membershipsai25@gmail.com

Karen Phillips - Team Coordinator RAD@sai25.org

For Directors/Team Leaders:

Hello R25 Directors & Team Leaders,

Thank you for your hard work and leadership through an unprecedented time in our history. The R25 Management Team would like to encourage you to be our voice in telling members that the health and safety of each individual is our primary concern as the world is ever-changing around us. As States are starting to open up, there is much uncertainty, and your members may feel

extra pressure to protect themselves and their family, as well as resume their normal activities. It is imperative that we follow the guidelines provided by International and your local government to keep our members safe and secure. Handling this situation with kindness and grace will have a lasting impact on the future of our membership.

Based on current science and [guidelines from Sweet Adelines International](#), R25 leadership is making the following recommendations:

- *Virtual rehearsals* are recommended for the foreseeable future as there is no safe way to sing together in person. If you are not meeting virtually and need assistance, please let us know!
 - Many groups are finding success in reaching out to regional education faculty, directors, coaches, etc. and having special guests drop in to virtual rehearsals to lead warm ups, teach a short class, or just socialize.
 - Hold a virtual social night with another chorus that meets the same night as you for some fun and relationship building across the organization.
 - Create virtual chorus recordings by having individuals record and put them together to make a video.
 - Conduct PVIs and sectionals virtually.
- Follow your state's recommended guidelines for gatherings and remember that singing is a higher risk activity than just being in the same room with other people.
 - Arkansas: <https://www.healthy.arkansas.gov/programs-services/topics/covid-19-health-guidances>
 - Kansas: <https://www.coronavirus.kdheks.gov/>
 - Missouri: <https://governor.mo.gov/show-me-strong-recovery-plan-guidance-and-frequently-asked-questions>
 - Oklahoma: <https://coronavirus.health.ok.gov/>
 - Tennessee: <https://www.tn.gov/governor/covid-19.html>
 - Texas: <https://www.dshs.state.tx.us/coronavirus/opentexas.aspx#protocols>
 - CDC Guidelines: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Please make sure to stay informed on current science for singers. View the latest [here](#).

Being a leader in such times of uncertainty is difficult, but we are here for you. If you have any questions or want to talk to someone about leading your chorus through this difficult time, please reach out to your regional management team members.

Elena Irvin - Director Coordinator elena.irvin.18@gmail.com

Lindsay Chartier - Membership Coordinator membershipsai25@gmail.com

Karen Phillips - Team Coordinator RAD@sai25.org