

To our friends in Region 25,

This week an update regarding a NATS Study from the University of Colorado, Boulder, was released and supported by BHS and SAI.  Attached you will find a recap of this study as presented by Kathleen Hansen, Master Director of San Diego Chorus.  In the document you will find links to view the study for yourself as well as other links to key elements discussed in the study.   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](https://sweetadelines.com/SAInformed), Region 25 leadership is making the following recommendations:

●      *Virtual rehearsals* provide the safest form of meeting and are recommended for the foreseeable future.  At this time safe in person rehearsals are difficult to monitor.  Should you choose to rehearse in person, you will need to fill out the attached Member COVID-19 Health Questionnaire and the Assumption of Risk Waiver recently sent to us by the Membership Department of Sweet Adelines, International.

●        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](https://www.barbershop.org/covid-webinar-summary?fbclid=IwAR0XAkU0csn1J29HPVpzrUGcIt-3dJ5pIIMe85f1LVdaIBenC95MMcqkw2A).

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

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