



SING • EXPLORE • CREATE
Center for Music Therapy, Education, & Wellness

Health and Safety Guidelines **Updated August 2020**

Sing Explore Create, LLC is currently providing in-person outdoor sessions at our center in Rockland, as well as limited house and site visits. Additionally, we continue to provide a number of online service options, including classes, camps, lessons, and music therapy telehealth. The following guidelines outline our procedures for any in-person services. We will continue to adjust our safety guidelines and office protocols in accordance with any new state mandated guidelines that are released and appreciate your patience and understanding as we continue to adapt. Thank you for your understanding as we balance the needs of our staff and students, while ensuring everyone's health and safety. We ask that you adhere to the following guidelines when taking part in any in-person services.

ILLNESS

If you or anyone in your household has a fever, cough, sore throat, or otherwise are not feeling well, contact us to cancel your appointment or proceed using telehealth.

Contact us to cancel your appointment or proceed using telehealth if you or anyone in your household has traveled, in the 14 days prior to your scheduled appointment, to a state considered "high-risk" according to MA State Government Travel guidelines.

Inform Sing Explore Create if you or any person present at your appointment tests positive for COVID-19 within 14 days of an in-person session.

If you or anyone in your household tests positive for COVID-19, you will not be able to engage in in-person services until you test negative and no longer have symptoms.

Please inform us if you have a job that exposes you to other people who are infected with COVID-19.

Please take steps between appointments to minimize your exposure to COVID-19.

If a Sing Explore Create staff member tests positive for COVID-19 that you or your teacher/therapist were in contact with, you will be notified so that you can take appropriate precautions.

CONFIDENTIALITY

If you have tested positive for COVID-19 we may be required to notify local health authorities that you have been at the center. If we have to report this, we will only provide the minimum information necessary for their data collection and will not go into any details about the reason(s) for our visits.

OUTDOOR SESSIONS AT SING EXPLORE CREATE

Wait in your car until your scheduled session. Extra time has been scheduled between sessions to allow time for cleaning/sanitizing. At your scheduled time, you may meet the SEC staff in front of the tent. You will be asked to confirm you are not sick and reminded of safety protocols.

Please wash using the hand sanitizer/hand wipes provided or your own when you enter the tent.

You will adhere to the safe distancing precautions we have set up in the tent (no mask required while following these guidelines).

You will wear a mask in all instances that a distance of 6 feet cannot be adhered to (unless disability or medical condition prohibits you from doing so).

SEC staff will ALWAYS wear a mask and/or face shield.

There will be no physical contact with SEC staff. A caregiver should be present to assist in the session if a client needs hand-over-hand assistance or help with maintaining 6 foot social distancing.

A caregiver may be present for the session. For your safety, anyone else who accompanies the client should remain in your vehicle. Please do not allow children to play in the parking lot.

If a student is being dropped off, they must be picked up on time (no exceptions). If a student is picked up late once, a friendly reminder will be given regarding our policy. The second time will result in changing to in-person services for 1 month. Please note, this is for everyone's safety and to give staff time to clean and set up for the next student.

Restrooms at this time are reserved for SEC staff.

We are unable to accommodate last-minute appointment alterations. If you are not ready at the scheduled start time, we will be unable to add the lost time onto the end of your session.

Sing Explore Create will not be providing instruments at this time, but you may purchase an instrument kit from SEC with small percussion instruments and manipulatives for \$20. This kit will be kept at SEC, will only be used by the designated client, and will be cleaned between sessions. This is not required, but highly recommended.

OUTDOOR SESSION AT YOUR HOME OR FACILITY

Your Music Therapist will be in touch each week BEFORE traveling to your home to conduct a health and safety screening. Clients must complete the screening online or by phone EACH WEEK and prior to your music therapist driving to your home.

SEC staff will wash their hands or use hand sanitizer before the start of your session. You are advised to do the same.

You will wear a mask in all instances that a distance of 6 feet cannot be adhered to (unless disability or medical condition prohibits you from doing so).

SEC Staff will ALWAYS wear a mask and/or face shield.

SEC staff will lay out a visual marker of their space upon arrival to your site. This will allow for a safe 6-foot distance to be adhered to at all times during the visit.

There will be no physical contact with SEC staff. A caregiver should be present to assist in the session if a client needs hand-over-hand assistance or help with maintaining 6 foot social distancing.

All pets will be confined to the home/facility while the SEC staff is visiting (certified service animals are the only exception and in this case should remain by the client's side at all times).

We are unable to accommodate last-minute appointment alterations. If you are not ready at the scheduled start time, we will be unable to add the lost time onto the end of your session. Please be outside and ready for your session to begin at your scheduled start time.

Sing Explore Create will not be providing instruments at this time, but you may purchase an instrument kit from SEC with small percussion instruments and manipulatives for \$20 to be used exclusively by the student who purchases it. This is not required, but highly recommended.