

## Health and Wellness Policies

**Update: Jan 2, 2024. Note: This document will be updated on a regular basis in accordance with the most current recommendations and regulations.**

### Preamble

Calgary Opera values the health, safety, and well-being of our employees, contractors, clients, patrons, and the public. Calgary Opera recognizes occupational health and safety as a priority in all aspects of work. The practices described below are subject to change according to changes to public health measures.

### Disclaimer

Information contained in this document is intended to minimize the spread of illness. It does not provide medical advice or opinion. Should anyone have questions or concerns about their own health or show signs and symptoms of illness, they should seek proper information from trusted sources and proper advice from their medical provider, or from Alberta Health Link 811.

### Masking Requirements

You are always welcome to wear a mask.

- Unless advised otherwise, masks are to be always worn by the staff and chorus during rehearsals.
- Masks must cover the nose, mouth, and chin.
- Exceptions will be communicated on a case-to-case basis. Calgary Opera has a supply of disposable medical masks should they be needed.

### Testing for COVID-19

Calgary Opera will not require testing for COVID-19 from any staff, performers, front of house/backstage crew, or volunteers. Should an individual want to test, we can provide test kits upon request.

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### **IF YOU FEEL AT ALL UNWELL, EVEN IF YOU DON'T HAVE SYMPTOMS OF ILLNESS, YOU ARE REQUIRED TO STAY HOME UNTIL YOU HAVE RECOVERED.**

- Before entering any building, all staff and visitors must believe that they are exhibiting none of the symptoms of illness. If in doubt do not enter the building and contact your supervisor.
- If while at work you develop any of the symptoms of illness, notify your supervisor, and make arrangements to go home.
- Please stay at home until you are symptom free. When you return to work, wear a mask for the next 5 days whenever possible, as per government recommendation.

**Additional Guidelines for Rehearsal at the Mamdani Opera Centre**

- Use the sign in/out book at the front entrance.
- Chorus will use the sign in book at the front entrance when coming to the Opera Centre outside of rehearsal calls, for example for fittings.
- Chorus will use their sign-in sheet for each rehearsal call.
- Physical distancing is encouraged when not working, especially during breaks.
- No food or drink, other than water, coffee, tea is permitted in the rehearsal hall.
- Props are to be handled only by Stage Management, Head of Props and the performer assigned that prop.
- Costume pieces are not to be shared.

**Additional Guidelines for Rehearsal and Performance at SAJA**

- Backstage access will be limited to those only necessary to the running of the rehearsal or performance.
- All COA backstage personnel, which includes, performers, musicians, crew, staff, will be issued a numbered Backstage Pass which they must present to Stage Door Security. You will not be admitted without the pass. The pass is non-transferable.
- Performers are to use the sign in sheet on the callboard provided by stage management. Orchestra will use the sign in sheet posted outside the orchestra lounge.
- Food and drink may be consumed in the designated area in the rehearsal hall upstairs.
- Only Principal Artists, Stage Management, and required production personnel are permitted in the Green Room.
- Food and drink may be consumed in the Green Room.

Questions regarding Calgary Opera's health and safety protocols can be directed to:

- Susan McNair Reid, Operations Manager [smcnairreid@calgaryopera.com](mailto:smcnairreid@calgaryopera.com)
- Nimrodel Whiting, Company Manager [nwhiting@calgaryopera.com](mailto:nwhiting@calgaryopera.com)