



COVID-19 GUIDELINES



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Our Mission

FCPA fosters an environment to empower youth through original art; to unite, educate and enlighten the change in hearts and minds!

COVID-19 General Overview

In late December 2019, an outbreak of a mysterious upper respiratory infection characterized by fever, dry cough, fatigue, and occasional gastrointestinal symptoms.

The Centers for Disease Control (CDC) is responding to a pandemic of respiratory disease spreading from person to person caused by a novel (new) coronavirus. The disease has been named “coronavirus disease 2019” (abbreviated “COVID-19”). This situation poses a serious public health risk.

Coronavirus Disease (COVID) ¹

COVID-19 is caused by a coronavirus called SARS-CoV-2. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

It is spread from person to person, mainly through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land on objects or in the mouths or noses of people who are nearby. Spread is more likely when people are in close contact with one another (within about 6 feet). It also spreads by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes.

The virus that causes COVID-19 spreads very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggests that this virus is spreading more efficiently than influenza.

¹ Center for Disease Control (CDC) on May 13, 2020
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

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1.0 OUR RESPONSE TO COVID-19

As of May 13, 2021, the Center for Disease Control (CDC) announced the people who are fully vaccinated against COVID-19 are no longer required to wear masks or physically distance, regardless of the location or size of the gathering.

As of May 15, 2021, the City of Kansas City, MO relaxed its local order on the mask mandate. However, mask wearing during youth arts services will be optional and the organization will maintain a supply of disposable masks, temperature gauges and sanitation supplies.

Since the coronavirus outbreak was declared a “global health pandemic” on March 11th, 2020, FCPA has been reviewing and analyzing the spread and how to quickly slow the spread. We've also been laser focused on two critical objectives:

- Protecting the health and wellbeing of our youth, staff, board, volunteers and others; and
- Assuring the continuity of our partnership with Synergy Services and other social services organizations with a focus on building a full-service, performing arts program.

As we move into the next phase of the response to this pandemic and begin to see government restrictions being lifted, we must be aware of the possible rebound in the spread of COVID-19. We will remain focused on the two key objectives above as we respond to this new normal and changing environment.



2.0 COVID-19 COMPARISON MATRIX

Symptoms	COVID-19*	COLD	FLU	ALLERGIES
Fever	Common (100.4F or higher)	Rare	High (100F - 102F can last 3-4 days)	No
Headache	Sometimes	Rare	Intense	Sometimes
General aches, pains	Sometimes	Slight	Common	No
Fatigue, weakness	Sometimes	Slight	Common	Sometimes
Extreme exhaustion	Sometimes	Never	Common	No
Stuffy nose	Rare	Common	Sometimes	Common
Sneezing	Rare	Common	Sometimes	Common
Sore throat	Rare	Common	Common	No
Cough	Common	Mild to moderate	Common	Sometimes
Shortness of breath	In more serious infections	Rare	Rare	Common
Runny nose	Rare	Common	Sometimes	Common
Diarrhea	Sometimes	No	Sometimes	No
*Information is still evolving				

3.0 CENTERS FOR DISEASE CONTROL (CDC) RECOMMENDATIONS

*We will follow the guidance of the CDC as of March 13, 2021

Everyone can do their part to help us respond to this emerging public health threat by following CDC recommendations:

- Wear a cloth face covering in public settings to avoid spreading COVID-19 to others in case you are infected but do not have symptoms.
- The cloth face cover is meant to protect other people in case you are infected.
- The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are considered critical supplies that should be reserved for healthcare workers and other first responders, as recommended by CDC.
- The cloth face covering is not a substitute for social distancing.
- CDC continues to recommend that people try keep about 6 feet between themselves and others.

On April 16, the White House released *Guidelines for Opening Up America Again*, a phased approach to help state and local officials reopen their economies, get people back to work, and continue to protect American lives.

People who are sick

If you get a fever or cough, consider whether you might have COVID-19, depending on where you live, your travel history, and other exposures. All of the United States is seeing some level of community spread of COVID-19. You may ask to be tested for COVID-19 by contacting a medical provider or health department, but it's important that you know there is no treatment for this virus. Most people who get the virus have mild illness and are able to recover at home without medical care.

Recommendations for ALL

- Wash hands regularly. Hand washing is the premier process to reduce spread. Individuals should wash hands for 20 seconds with soap and water.
- Disinfect hands with alcohol based sanitizers. Rub sanitizer onto your hands for 15-20 seconds and allow them to air dry.
- Avoid touching mouth, eyes, and nose.
- Please stay home if you are sick.
- Make hand sanitizer, napkins, tissues, and soap readily available to guests.
- Make trash cans readily available for the disposal of tissues & napkins and change trash regularly.

4.0 GENERAL SCREENING & PREVENTION

4.1.1 Temperature Screening

Our screening process will be specific and easy to follow. Per the CDC definitions, a temperature of **100.4** F or higher is considered a fever. FCPA in conjunction with Synergy's on-site medical staff will use infrared thermometers to take the temperature of all participating youth, staff, board & volunteers attending Tuesday workshops/classes/jams or any scheduled performances. This function will be performed should youth notify staff that they're not feeling well during FCPA arts services.

4.1.2 Screening for Symptoms

In conjunction with Synergy's on-site medical staff, the following questions will be asked of all participating youth, staff, board & volunteers after their temperature has been taken:

- a.) Have you traveled outside the US in the last 14 days?
- b.) Have you had contact with anyone with a confirmed case of COVID-19 in the last 14 days?
- c.) Have you had any of these symptoms in the last 14 days?
 - Fever greater than 100 F
 - Difficulty breathing (shortness of breath)
 - Cough
- d.) Are you currently experiencing fever, shortness of breath, cough, chills, sore throat or new loss of taste or smell?

4.1.3 Reporting Symptoms

For youth experiencing the symptoms listed above will be referred to the medical team at the on-site clinic. Parents & Guardians will be contacted to come pick up their child to return home.

4.1.4 Symptom Management If you are concerned about your symptoms, you should consult your healthcare provider. While there are no specific treatments for COVID-19, most people with the illness will recover on their own. Here are important recommendations from the CDC:

- Pain and fever medications used as directed by your healthcare provider;
- Drinking plenty of liquids; and
- Staying home and resting.

4.2.1 Cleanliness & Sanitation*

Hand Washing - Physically removing all dirt and contamination, using soap and water. The friction of cleaning removes most germs and exposes any remaining germs to the effects of a sanitizer or disinfectant used later.

Sanitation - Reducing germs on inanimate surfaces to levels considered safe by public health codes or regulations. Sanitizing may be appropriate for all tables, chairs, music stands etc., Bottles of sanitizer will be offered at the check-in desk in addition to all meeting spaces used by FCPA. *FCPA staff will adhere to the sanitation procedures put in place by the staff of the Synergy Youth Resiliency Center.*

*Note: All youth participating in FCPA arts services will always have access to sanitation supplies (sanitizer, hand-washing stations & disposable masks)

5.0 PHYSICAL DISTANCING

5.1.1 SingOUTKC Youth Chorus (Rehearsals) Protocol

(FCPA will follow the CDC guidance and will return to these protocols should we see an increase in positivity rates of COVID19 cases)

- FCPA may begin with small groups of 10 to 15 youth at weekly workshops/classes/jams
- Vocal Workshops might be held for 45, 90 or 120 minutes.
- Limited and monitored bathroom use.
- Physical distancing (6 feet or 2 meters apart) will limit max capacity based on room size. **Will confirm assigned space with Synergy**.
- Guidelines on physical distancing while entering the building. **In coordination with Synergy**.
- Temperature checks. (refer to General Screening, section 4.1.1 of the policy)
- Wear masks at all times, unless official restrictions are altered/eased. Otherwise, wear mask to your seat/position. Remove for singing. Replace for departing.
- No touching, no singing in circles. Face forward.
- No printed music provided. No sharing of music – or pencils – or electronic devices. Could project music on screens, but leaves them with nothing to rehearse at home.
- Conductors/facilitators face youth from 10 to 20 feet away from first row of singers. Droplets float into the eye's mucous membranes, and you're in the direct line of fire! The same accommodation should be made for accompanists or instrumentalists.
- Have anyone with high risk medical problems (diabetic, asthma, COPD, cancer, a compromised immune system) sit in the very back rows so they are exposed to less aerosol (highest exposure will be those in front rows)

5.1.2 PerformOUTKC Youth Arts (Performance Art Classes) Protocol

(FCPA will follow the CDC guidance and will return to these protocols should we see an increase in positivity rates of COVID19 cases)

- FCPA may begin with small groups of 4 to 8 youth at weekly performance art classes
- Classes might be held for 45, 60 or 90 minutes.
- Limited and monitored bathroom use.
- Physical distancing (6 feet or 2 meters apart) will limit max capacity based on room size. **Will confirm assigned space with Synergy**.
- Guidelines on physical distancing while entering the building. **In coordination with Synergy**.
- Temperature checks. (refer to General Screening, section 4.1.1 of the policy)
- Wear masks at all times, unless official restrictions are altered/eased. Otherwise, wear mask to your seat/position. Remove for speaking roles. Replace for departing.
- No touching. Face forward.
- No printed documents. No sharing of pencils or electronic devices. Could project scripts or lines on screens.
- Facilitators face youth from 10 to 15 feet away. Droplets float into the eye's mucous membranes, and you're in the direct line of fire!
- Have anyone with high risk medical problems (diabetic, asthma, COPD, cancer, a compromised immune system) sit in the very back rows so they are exposed to less aerosol (highest exposure will be those in front rows)

5.1.3 **OUTloudKC Ensemble** (Rhythmic Drum Classes) Protocol

(FCPA will follow the CDC guidance and will return to these protocols should we see an increase in positivity rates of COVID19 cases)

- FCPA may begin with small groups of 3 to 5 youth at monthly jam sessions due to the reduced capacity in the recording studio.
- Jams might be held for 45, 60 or 90 minutes.
- Limited and monitored bathroom use.
- Physical distancing (6 feet or 2 meters apart) will limit max capacity based on room size. **Will confirm assigned space with Synergy*.*
- Guidelines on physical distancing while entering the building. **In coordination with Synergy*.*
- Temperature checks. (refer to General Screening, section 4.1.1 of the policy)
- Wear masks at all times, unless official restrictions are altered/eased. Otherwise, wear mask to your seat/position.
- No touching. Face forward.
- No printed music. No sharing of pencils or electronic devices. Could project music or scores on screens.
- Facilitators face youth from 6 to 8 feet away. Possibly wear goggles. Droplets float into the eye's mucous membranes, and you're in the direct line of fire!

6.0 GUIDANCE RESOURCES



Mental health is essential to everyone's well-being, particularly teens and youth. Most youth are active in their communities where they initiate growth, lead and contribute. However, in many cases, some young people face additional challenges that can take a toll on their well-being, including suffering from mental illness.

Unfortunately, studies are showing that depression is becoming increasingly common among younger Americans, creating an urgent need to respond systematically. However, enthusiastically, it's proven that teens and youth perform better in school and achieve higher grades while participating in the arts. FCPA is committed to providing guidance resources through mental health collaborations within the artistic & creative services we offer.

Synergy is an agency dedicated to strengthening individuals and families, and helping them function in a healthy way. With trained and caring therapists, Synergy offers counseling services through their residential programs and on an outpatient basis. They accept many types of insurance and provide services on an income-based sliding fee scale for clients without insurance. No one is denied care due to an inability to pay.

Additionally, Synergy therapists help teens and youth move beyond the limits of vocabulary to express themselves through art and play. Art and play therapy sessions provide a relaxed and interactive environment for teens and youth to deal with complex issues. A guidance therapist can be contacted at any time. The therapist phone number is listed below on page# 15 under contacts.

Synergy Services 24-hour Youth Crisis Line	
www.synergyservices.org	(816) 741-8700 & (816) 233-1639

7.0 FREQUENTLY ASKED QUESTIONS¹

FAQ	Answer
How does the virus spread?¹	The virus spreads mainly from person to person, mainly through respiratory droplets when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby. Spread is more likely when people are in close contact with one another (within about 6 ft.)
Will warm weather stop the outbreak of COVID-19?¹	It is not yet known whether weather and temperature affect the spread of COVID-19. Some other viruses, like those that cause the common cold and flu, spread more during cold weather months but that does not mean it is impossible to become sick with these viruses during other months.
What temperature kills the virus that causes COVID-19?¹	Generally coronaviruses survive for shorter periods at higher temperatures and higher humidity than in cooler or dryer environments.
What is the risk of children & youth becoming sick with COVID-19?¹	Based on available evidence, children do not appear to be at higher risk for COVID-19 than adults. While some children and infants have been sick with COVID-19, adults make up most of the known cases to date. More information to come on this as new cases are generating.
Are the symptoms different in children & youth than in adults?¹	No. The symptoms of COVID-19 are similar in children and adults. However, children with confirmed COVID-19 have generally presented with mild symptoms. Reported symptoms in children include cold-like symptoms, such as fever, runny nose, and cough. Vomiting and diarrhea have also been reported.
Should I wear a mask or face covering?¹	The CDC recommends that everyone 2 years and older wear a cloth face covering that covers their nose and mouth when they are out in the community. Wearing cloth face coverings is a public health measure people should take to reduce the spread of COVID-19 in addition to (not instead of) social distancing, frequent hand cleaning, and other everyday preventive actions. A cloth face covering is not intended to protect the wearer but may prevent the spread of virus from the wearer to others.

¹ Center for Disease Control (CDC) on May 13, 2020
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

Are mask or face coverings provided to youth by FCPA?	Yes, FCPA will provide disposable masks at all weekly meetings.
What steps would be taken to protect youth attending program services at FCPA?	The everyday practice in preventing actions to help reduce risk and the spread of the virus. As outlined in general protocols listed above.
Is my health information kept confidential if or when I report it to FCPA leadership?	General details of your health will “only” be provided to a healthcare professional to best treat you. Post treatment or consultation, your health information may be shared for aggregate reporting purposes but is not detailed with individual, identifying information.
Where is the most up-to-date FCPA-specific information regarding COVID-19?	<p>The best information and/or resources can be found:</p> <ul style="list-style-type: none"> ▪ FCPA website under the “COVID-19” section ▪ Weekly FCPA “members-only” newsletter distribution
How do I observe physical distancing in restrooms, elevators or stairwells?	Wearing a mask or face covering is strongly recommended when you are within 6 feet or 2 meters of other or in a common or high traffic areas. Youth are encouraged to use common sense and good judgement as they navigate and use various spaces within the Synergy Youth Resiliency Center.
How frequently will the FCPA/Synergy facility be cleaned to reduce potential spread of COVID-19?	Through a mutual agreement between organizations, the space in which youth will be occupying will receive full sanitation prior to and post FCPA workshops/classes/jams. We will wipe down chairs, tables etc. with proper sanitizer before and after youth use the space.

8.0 FCPA & SYNERGY CONTACTS

FCPA Contacts		
Name	Title	Phone Number
Joe Nadeau	AD/Teaching Artist	(816) 509-2398
Shawna Pena-Downing	Teaching Artist	(352) 949-3969
Paul Seiz	Teaching Artist	(303) 396-7233
Elven Hickmon	Managing Director	(816) 286-3413
Adriane Shands	President	(913) 944-2504
Ken Strickland	Vice President	(816) 863-8781
Chiquita Miller	Secretary/Treasurer	(913) 461-6123
Donis Beale	Board Member	(816) 225-6348
Justin Campbell	Board Member	(913) 645-0900
Bryce Reeves	Board Member	(913) 271-0604
Ernesto Suarez	Board Member	(816) 645-2993

Synergy Contacts		
Name	Title	Phone Number
Claire Sundermeyer	Volunteer & Social Media Coordinator	(913) 259-9634
Katie Brewer	Program Manager – SOS & YRC	(816) 505-4944
Teens & Tots Health Clinic	Medical, Dental & Vision Clinic	(816) 960-3050 Ext 3 (816) 505-4865
24-Hour Youth Crisis Line	Mental Health Guidance	(816) 741-8700 (816) 233-1639