COVID-19 LONG-TERM IMPACT ON VOCAL ATHLETES: ROAD TO RECOVERY

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Under the direction of Governor Andrew Cuomo, all Broadway shows in New York City have suspended performances as of March 12, 2020.

Our top priority is the health and well-being of our company and the theatre-going public.

Performances are scheduled to resume the week of April 13, 2020.

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After choir practice with one symptomatic person, 87% of group developed COVID-19

- index case
- 32 confirmed and 20 probable cases
- unaffected person
ACUTE vs CHRONIC
Outliers

Non-Symptomatic Physical Athletes

Severely Ill Vocal Athletes

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ELITE VOCAL ATHLETES - Self-rated Physical And Vocal Fitness

Pre- and Post-COVID-19

Pre-COVID

Post-COVID

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PHYSICAL FITNESS PRE- & POST- COVID

Pre-COVID: 59
Post-COVID: 50

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Vocal Fitness Pre- & Post COVID

Pre-COVID: 76
Post-COVID: 57

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Fever
Headache
Loss of Taste
Loss of Smell
Body Aches/Chills
Respiratory symptoms (shortness of breath, cough, pneumonia, etc.)
Gastrointestinal symptoms (stomach pain, diarrhea, vomiting, etc.)
Cognitive symptoms (brain fog, hallucinations, memory issues, etc.)
Cardiac symptoms (heart palpitations, high blood pressure, heart racing, etc.)
Voice symptoms (hoarseness, vocal fatigue, loss of range, etc.)
Sensory symptoms (tingling, sensitivity to light, sensitivity to touch, etc.)
Muscle/Joint Pain
Any Other Symptoms

Percentage of Performers with Reported Symptoms - Acute & Current

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Results: Acute & Chronic Symptoms
Vocal Concerns for Returning to Post-COVID-19 Singing

- Vocal Fatigue: 54.90%
- Lingering cough: 9.80%
- Excessive mucus: 19.61%
- Vocal Power/Dynamics: 41.18%
- Range is decreased: 33.33%
- Shortness of Breath: 31.37%
- Physically weak & fatigue: 37.25%
- Breath support is weak: 31.37%
- Memory issues/Brain: 15.69%
- Body pain/Weakness: 19.61%
- Hoarseness: 11.76%
- Other concerns: 15.69%

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Results: Concerns

If you had to return to your pre-COVID teaching and singing today, choose any/all of the following concerns you might have:
Future Directions
Singing & Teaching After COVID-19: What is Next?
Results: Free Response

Free Response - Top 3 Concerns from Survey Participants

- Fatigue/Stamina/Endurance
- Breathing & Breath Support
- Permanent Damage/long-term symptoms/neuropathy/not fully recovering
- Re-exposure/Re-infection/Contamination/Spread
- Return of the Arts/no where to sing/lack of motivation/no jobs/decreased morale
- Brain fog/Memorization/executive function

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Return to Performance

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EACH RECOVERY IS UNIQUE
THERE IS MUCH WE STILL DO NOT KNOW

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Rebuilding Physical Stamina

• Listen to your MD
• Listen to your body
• SLOW & STEADY
• REST

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Rebuilding Respiratory Strength & Stamina

- Pulmonologist
- Respiratory Therapist and/or Voice Pathologist
  - EMST/IMST training

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# 8 Week Half-Marathon Training Plan

**Beginner Plan**

If you can run at least two miles without stopping, even if you walk for a slow pace, try this easy-does-it program. It boosts on-mile gradual distances to get you from start to finish feeling strong.

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For cross-training moves, nutrition tips, gear picks and more, go to [www.fitnessmagazine.com/half-marathon](http://www.fitnessmagazine.com/half-marathon)

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Things you never thought you would need in your voice studio.....
Understanding Blood Oxygen Saturation (SpO2)

- **≤ 90%**: 90% or less: Consider consulting your doctor.
- **91 - 94%**: Below average for the population. Monitor closely.
- **95 - 100%**: average for the population. The red blood cells are well oxygenated and sufficiently transporting oxygen around the body.
Heart Rate Monitoring Apps

Heart Rate Monitor
Health & Fitness AI Lab Health & Fitness
Everyone
Contains Ads
You don't have any devices
Add to Wishlist

Cardio: Heart Rate Monitor
Cardiogram + 7 Minute Workout
Cardio, Inc.
Designed for iPad

4.6 • 4.9K Ratings
Free • Offers In-App Purchases


Normative Data

- HR Calculator: https://www.ntnu.edu/cerg/hrmax
- American Heart Association: https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates
- Moderate to severe dyspnea with voice use
- Cough with inhale or voice use (each and every time)
- Dizziness
- Increased or rapid heart rate
- Dysphonia
- Rapid physical, vocal, or emotional fatigue with singing

- No longer contagious
- Feel fine; no lingering symptoms of virus
- Breathing has returned to normal
- No cough/throat clearing
- Voice is normal
Emergency Plan

PREPARE, don’t panic.
Actors’ Equity Issues New Protocols for ‘Fully Vaccinated’ Productions

BY RYAN MCPHEE
APR 05, 2021

As the U.S. approaches COVID-19 vaccine eligibility for all adults, the union has updated its guidelines for a slowly reopening theatrical landscape.

https://www.americantheatre.org/2021/06/08/for-theatre-workers-with-long-covid-symptoms-a-hesitant-return/?fbclid=IwAR1r1eP1bwskVmJ4LSSiG_ZwFtr_UPukK-JCehD9TLreXYUCZOX_5RQ2i4
QUESTIONS

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