

# IanHFL Lesson Policies

## 2023-2024

Updated 9-1-23

You must [sign an agreement with the policies and release of liability below](#) before beginning virtual and/or in-person music lessons. No lessons are confirmed until this is signed.

Given that lessons take place at a residential location—and at a high-risk household, at that!—there are a number of important points, so thanks for taking the time to read them!

A number of items are only applicable to in-person students, but since local students often switch between the two formats I ask that everyone sign the agreement to be sure all bases are covered in advance. For those taking online lessons only, however, I've divided these items into "All Lessons" and "In-Person Lessons" sections to make it clear which sections apply to you.

I also have separate specifics and further details on my [schedule & fees](#). Please get in touch if you have questions about anything whatsoever!

## All Lessons

### Lesson Fees

#### • Weekly Lessons

- Weekly Lesson fees never vary, are paid monthly, and are due on your first lesson day of each month.
  - 30 minute lessons – *\$130 monthly*
  - 45 minute lessons – *\$195 monthly*
  - 60 minute lessons – *\$260 monthly*
- These lessons take place every week unless otherwise noted.
- The lesson fees are always due on the first lesson day of each month, regardless of any student absences.
  - For example, if you have lessons on Tuesdays, your payment is due on the first Tuesday of each month unless we are closed for a holiday, in which case it's due on the next scheduled lesson day.
- Your lesson fee holds your lesson time slot for the month as opposed to being for a specific number of lessons.
  - Please note that while most months have 4 lessons, some months may have more or less depending on holidays and makeup weeks, and the lesson fee will always be the same from month to month. Please review [my calendar](#) for our schedule.

#### • Single lessons

- Single lesson fees must be received by 2:30 PM EST on your lesson day in order to confirm your lesson.
  - Single 30 minute lesson – *\$35*
  - Single 45 minute lesson – *\$42.5*
  - Single 60 minute lesson – *\$70*

- Unless I've made an error, lesson fees are non-refundable, so please be sure that we have agreed to & confirmed a convenient lesson time before paying.
- Don't hesitate to get in touch if you have any scheduling issues and I'll do my best to accommodate you!
- Lesson fees can be paid using [my online lesson store](#) (which includes a \$5 fee to help mitigate PayPal/Venmo/Square's cut), a check made out to either "Ian Leinbaugh" or "IanHFL, LLC" and mailed to my home address, or, if taking weekly lessons, by setting up a monthly online subscription or bank draft.

## **Referral Program**

- I greatly appreciate folks who put the word out about lessons! You all help make it possible for me to build community through the shared joy of making & learning about music. It's important to me that you know how grateful I am! As a small tangible token of my immense gratitude, I'd like to provide a coupon to the referrer and referee! Here are the details:
  - When a new student signs up for two consecutive months of lessons (purchased month by month or at once) at the recommendation of a current or former student, each party will receive one free 30-minute lesson via a coupon code.
    - For single lessons, 8 individual lessons will also constitute two consecutive months of lessons)
  - In order for the referral reward to be issued, please be sure to mention who you were referred by when booking weekly lessons—and the student who did the referring can always let me know, too!
  - Upon the purchase of the second consecutive month of lessons by the new student, I will email a coupon code directly to each party, which can be redeemed during the checkout process for future lessons.
- As this is all brand new so details are subject to change over time, especially if Wix ads a referral integration. Feedback is strongly encouraged!

## **Attendance**

- Students are expected to be aware of the lesson schedule and arrive on time to their lesson each week. Again, I do not offer refunds unless there is an error on my part, so please be sure that you have a lesson time that you can consistently attend.
  - I ask that students get in touch if they are running late or will not be able to make their scheduled lesson. If I receive prior notice I'll happily provide a lesson with whatever time is remaining, but your lesson time will not be extended. You are always welcome to attend your lesson virtually rather than be late or absent; simply let me know and we'll make it happen.
  - If you are more than 15 minutes late without prior notice you will be marked absent and the lesson will be canceled.
  - Late arrivals do not count as absences and will not be made up during makeup weeks.
- Always feel free to get in touch if you need to change to a more convenient lesson time! Most students take lessons year-round and I am happy to work with schedules that change due to seasonal extracurricular activities or anything else.
- If attending lessons virtually, [you can join the lesson by clicking this link](#). This is the same link we will use each week while online (or should we ever need to close due to weather or other reasons in the future), even if we eventually shift to a new time.
- Additional notes regarding attendance for in-person lessons
  - You will receive our address and the remaining details upon confirmation of your initial lesson time.
  - Please do not arrive more than 10 minutes before your scheduled lesson time.

- Parents, family, and legal guardians are welcome to sit in and observe their child's in-person lesson. In the case of very young students, parents may be required to attend the lesson with their child. All individuals must adhere to the safety protocol detailed below.
- My lessons are typically scheduled back-to-back, making it challenging to wait with students for their parents to pick them up. If you do leave to run errands during your child's lesson and are not waiting for them when we are done, I'll happily wait with them until you return if I can! Otherwise, I will likely have to leave them unattended, so it's worth noting that I am not liable for the care of your child outside of our designated lesson time.

## Absences/Makeup Lessons

- Three times a year makeup lessons are offered for student absences. These occur only during designated makeup weeks ([see calendar](#)).
- Each student with one or more absences is guaranteed one makeup lesson per makeup week.
- Students with perfect attendance have the option of receiving a bonus lesson during the makeup week.
- Students must have been consistently taking weekly lessons for the two months leading up to the makeup week in order to receive a makeup lesson. This is primarily because if you aren't currently taking lessons when the makeup week rolls around, there won't be a spot for you!
- While I do my best to makeup extra missed lessons or temporarily shift lessons around to accommodate schedule changes, it is not always possible to do so. With this in mind, if you would like to change your lesson time for an upcoming month to better fit your schedule, simply let me know and we'll work to find a good solution!
- If a lesson is missed due to weather or any other event outside of the control of both the student and the instructor (eg, inclement weather and power outage preventing virtual lessons), I will do my best to makeup that lesson prior to, or during, our upcoming makeup week. Unfortunately, I can only guarantee one makeup lesson during the next makeup week, but please know that I will do my best to find time for extra makeup lessons for lessons missed due to weather and other situations that cause schools to close.
- If taking in-person lessons, please note that virtual lessons are always an option, and may be a good alternative to being absent.
- Lesson cancelled by me do not count as student-initiated absences and will always be made up. If for any reason a makeup is not possible, the following lesson month will be prorated accordingly or a refund for the lesson will be provided.

## Summer Travel Plan

- A number of my students are on vacation, traveling, have camp, or are otherwise gone for some time during the summer months. I think that's an important part of being human and want to support that!
- To avoid losing your lesson time as a result of temporary schedule changes I offer a summer travel plan. You may request up to 4 weeks of vacation from June 1st through Labor Day to accommodate summer activities.
- I will reserve your lesson time and prorate billing for these dates if they are received no later than May 25th.

## Terminating or Pausing Lessons

- Weekly lessons operate on—you guessed it—a month-to-month basis! If you want or need to withdraw from lessons for any reason **please provide a written notice by the 15th of the month prior to when lessons will cease** so that I can adjust my schedule accordingly.

- Failure to provide sufficient written notice may result in being charged for half of the upcoming month's lesson fee.

## Closures & Holidays

- When the [Chapel Hill-Carrboro City Schools \(CHCCS\) system](#) closes due to inclement weather, or if I need to close in-person lessons for any other reason, I will conduct virtual lessons at the regularly scheduled times.
  - However, on rare occasion I may still offer in-person lessons if the CHCCS system closes. If so, we'll be in touch and I will give students the options of attending or receiving a makeup lesson.
- If I should need to cancel in-person and/or virtual lessons for any reason students will be notified by email; [be sure that you're on the mailing list!](#)
- In case of notification from the Emergency Broadcast System, we will stop lessons/classes and follow instructions to either take shelter or evacuate.
- I am closed for roughly 6 weeks of the year around major holidays that typically align with [the CHCCS calendar](#). Please [see my calendar for our schedule](#).

## Newsletter, Websites, and Social Media

- I send out a monthly lesson newsletter on the 1st of each month going over our schedule, updates, events, and other things that I find interesting and/or relevant.
  - I encourage you to [sign up if you are taking lessons!](#) It's not required to be on the email list, but it is my primary means of mass communication with students and I want to be sure you don't miss any important details.
  - Along with the the main email on the 1st, you'll occasionally get updates if there's something relevant to all students during the month (e.g., holiday & makeup week reminders, weather-related closings, concerts, our pets being super cute, etc).
  - Some people like being on the list even if they aren't taking lessons, and I'm glad to have all y'all! You & any interested family members can sign up for my email list--which is just a lesson newsletter these days!--[by clicking this link](#).
- You can access my website at [IanHFL.com](#). You may want to bookmark the [Lesson Hub page!](#)
- You can find me on [Instagram](#), [TikTok](#), and [Facebook](#).
  - I created a Facebook group for all of my current and former students! If you're on Facebook and would like to learn more and/or join, [please click here!](#)

## Tablature, Sheet Music, Transcriptions

- I often utilize guitar tab and sheet music in lessons. Frequently, this will be shared through a link to a site that has tended to the necessary copyright requirements. [You can learn more about tab and copyright here](#).
- When I do print or write out a tab or transcription of a preexisting composition for you, it is expressly for educational purposes, which *should* allow for legal utilization of the educational resources as "fair use of copyrighted works," but to be clear, any documents cannot be reproduced or shared in any way, shape, or form.

## In-Person Lessons

### Parking

- Please feel free to park behind our white Honda CRV or in the turnaround—whichever is free!

- With lessons being scheduled back to back, multiple students may often be making use of our driveway at the same time. We ask everyone to be mindful of each other and make nobody is blocked in if they are trying to leave.
- As lessons take place at our residence, we may also have deliveries or guests coming and going from the property who also make use of the driveway. If you find yourself blocked in or should need assistance in any other way please don't hesitate to let me know!
- If arriving on bike, scooter, or other similar means of transportation, feel free to park it in our driveway or lean it up against our fence.

## **Noise**

- We are in a residential area and I ask all students and accompanying individuals to please be mindful of our neighbors with respect to noise while coming and going from lessons.
- We are talking about music lessons here, though, and those involve noise! Our neighbors are absolutely lovely & beyond understanding—and a number of them are students of mine, too!—I will always strive to keep our volume to a reasonable level ([under roughly 85 dB](#)), especially when using electric instruments.

## **Gear**

- Some students will arrive with just their instrument, while others may choose to bring more gear. If it time to pack up is needed, we will begin that process a few minutes before the end the lesson to help me get to my next student on time.
- You may also find using a gear checklist to be helpful (to make sure you get everything packed up), and I'm happy to work on this with you!
- While I cannot be held liable to anything that happens to gear that is left behind, if you do leave anything behind, I'll let you know if & when it is found, and will keep it safe until it can be picked up at our next lesson.

## **Restrooms**

- This has never come up, but just to be sure, we do not have restrooms available to students. If you do need a restroom, there are two gas stations right around the corner at [Carrboro Plaza](#).

## **Food & Drink**

- Food and beverages may not be consumed inside the lesson space, as all of us should be fully & properly masked during the entirety of the lesson.
  - That said, you may bring water and step outside to have a quick drink!

## **Smoking**

- In-person lessons occur in a smoke-free zone. Smoking or vaping is not allowed on the property.

## **Pets & Other Creatures**

- Pets are welcome to hang out in our waiting area and driveway, though we ask you not to please not bring them into the backyard.

- We have two sweet little pets ourselves! Both our cat, Oishi, and our dog, Lenny, are often on our back porch between lessons—and are usually in the monthly newsletter! I vacuum the space regularly and for as long as we're masking I don't imagine allergies should be an issue, but I do want to at least make this known.
- We also have some very sweet neighbor chickens, who we've named after Keith Richards & his fam; they're big music fans! You're welcome to say hi, but I'd encourage you to not put your hand through the fence; they're sassy!
- Not actually a policy point so much as a heads up—we also have tons of other wildlife in our yard, so don't be alarmed if you are greeted by bunnies, deer, squirrels, very large and/or loud birds, and other local creatures!
  - Sometimes these creatures like to sit and watch the lesson. It can be very cute, maybe a little odd, but generally harmless! If you do have any issues with overly-friendly wildlife during/before/after a lesson, however, just let me know and I'll tend to any issues as best I can!
  - It's also worth noting that we have a family of hawks that sometimes nests in our yard—most recently, in the tree directly outside our front door—and can drop “things” from the trees. I do my best to clear this up, but my apologies in advance if you come across something I've missed!

## Health and Safety

- I will continue to conduct in-person lessons on our back porch with safety precautions, outlined below, until further notice.
  - Online lessons will always be an option regardless of the transmission level.
- Please be sure to arrange details for in-person lessons with me at least one day before your first lesson; this will include important information, such as our address!
- **All students taking in-person lessons must adhere to these policies, so thank you for taking the time and energy to read through them!** It's a lot, but this is what allows these lessons to happen, so it's very much appreciated!
- I'll highlight the main points, and then expand upon them to avoid any confusion:
  - **Please wait for your lesson at the gate to our backyard**
  - **Students must remain properly masked for the duration of the lesson**
  - **Students must be free of any cold/flu-like symptoms and COVID exposure for the past 7 days, with some exceptions noted below**
- Why have these policies? I am committed to protecting the health and safety of my students, myself as your teacher, and all of our families—especially for the most vulnerable members of our community during the ongoing pandemic(s). Aside from being high-risk myself, I have high-risk family, students, bandmates, and families thereof, so we all appreciate everyone adhering to our policies. Given that the CDC has promoted an [individualistic approach to prevention](#) and stated that [high-risk individuals must take their own measures to ensure their wellbeing](#), I'm afraid I do have to have a lot of details on our protocol, especially given [the director's comments!](#)
  - In an attempt to keep the remaining required reading to a minimum, please refer to the footnotes if you would like additional information regarding some of the points below.
  - This is a stressful time for everyone, and all questions, comments, concerns, and suggestions are strongly encouraged; we want to be sure that everyone has clarity and feels completely safe!
- To help navigate changing CDC guidelines & messaging, I am constantly reviewing the latest scientific data & recommendations to prioritize the health of our whole community. With that in mind, here are additional notes and policies for in-person lessons:
  - All students (and myself!) must have received at least the initial dose of a SARS-CoV-2 vaccine, with possible booster requirements in the future. I will ask for your vaccination card at our first in-person lessons, and possibly after new boosters are recommended for a minimum baseline of protection.

- I know there are some families that do not vaccinate themselves or their children. If that is the case for you, I'm afraid we simply cannot work together due to the health risks to our household.
- For full transparency, everyone in our home has received multiple boosters, but likely will not be receiving any additional boosters due to the potential complications posed to our specific chronic illnesses by frequent, repeated vaccinations.
- When arriving for lessons or picking up your student, please wait at the gate to the backyard unless we have made other arrangements.<sup>1</sup>
- Everyone must be properly masked beyond the gate to the backyard.
- Students waiting for their lesson, along with parents/ family waiting on their student, may wait in/on their vehicle, in our driveway, or in the gravel area of our backyard. We are also setting up a designated waiting area on the driveway side of the gate, so please feel free to use that once it's ready!
  - Please do not use the front porch, as you have to walk on our very uneven—and, frankly, unsafe—sidewalk to get there!
- All students, and I myself, must be properly masked (worn snugly, with no gaps, over mouth and nose) for the entire lesson.<sup>2</sup>
  - Especially with my super high-risk mother-in-law here, we have to be very careful, so please do remember to ensure that you have a properly fitting mask and that it stays nice & snug for the entirety of the lesson—and parents, please remind your kids of this!
  - If I notice your mask coming off your face to where I can see a gap around your nose or mouth I will pause the lesson until we get a proper fit.<sup>3</sup>
  - Your mask must be a KN95, KF94, N95, or better; cloth and surgical masks are no longer permitted.<sup>4</sup> I have taken this step [in anticipation of the end of the pandemic state of emergency on May 11th](#)<sup>5</sup> and the resulting increased risk to the disabled/chronically ill/immunocompromised/otherwise high-risk community.
  - To be sure, I'll always have backup masks for y'all (almost certainly N95s, along with smaller KN95s for kids), and I am happy to donate masks.<sup>6</sup> I will also happily share details on [how to reuse your masks!](#)
  - I know masks are annoying and they can droop, but I'm afraid this is super important so I'll be increasingly vigilant with this and will pause the lesson and ask students to use one of my N95 respirators if there are any persistent fit issues.
  - Thanks to ample misinformation, there is a lot of confusion on different types of masks and their relative efficacy, so if you're looking for further resources on the science to get a better sense of my reasoning, please do check the references below at the end of this document.
- If you need to blow your nose, have a drink of water, or temporarily remove your mask for any reason, please feel free to step out to the gravel area of our backyard to do so. Sneezes are spontaneous, so I appreciate you at least sneezing into your mask & arm if you need to do so!
- We are set up to be roughly 10 feet apart during lessons. I ask that students do their best to maintain this distance when possible, and I will do the same. Likely exceptions will be when walking past each other while entering and exiting the lesson space, pointing out specifics on a document, or working on a gear-related issue.
- To be sure, students must remain on the back porch or within the gravel area of our yard. Please do not wander in the yard—many exposed roots, rocks, and poison ivy!—or enter our home.
- Students must have had no cold or flu-like symptoms within the last 7 days. I'll ask you about this at the beginning of each lesson, as [individuals may remain contagious for roughly ten days or more since contracting the virus](#) and this will at least mitigate some of the potential risk.

- If you, like me, have a chronic health condition that causes symptoms associated with COVID-19 on a daily basis, please don't hesitate to let me know and I'll happily work out a plan to navigate lessons in these circumstances.
- **What to do if you're feeling sick on your lesson day?**
- I can't tell you how much I wish we didn't have to consider this in the slightest, but alas we do have to be very vigilant in order for me to continue teaching at our home, so thank you for taking the time to be sure you understand this section in particular.
- Unless I can tell that you are visibly unwell, this all operates on the honor system. The consequences for our household being exposed to COVID are quite severe, so thank you for your understanding and caution!
- If you are feeling sick in any way ([check this out for some possible COVID symptoms](#)) or have suspected/confirmed exposure, please let me know and we'll make a plan for temporary online lessons if you are up for them or make a note of the absence for the next makeup week.
- **Shoutout to all my students who have been so conscientious and exercising an abundance of caution when feeling unwell; it means the world to our little household, particularly since it means I get to keep hosting music lessons here!**
- This is still an ever-evolving situation, especially with the removal of federal supports and the increased cost burden to the population making testing more challenging, but here's my current plan for how to approach returning to lessons once you're feeling well again:
  - The short (TL;DR) version
    - If you have been symptom-free for 7 days since the lesson missed due to feeling unwell and were not, to the best of your knowledge, exposed to COVID, we're good to resume!
    - If you are feeling well the day of your next lesson but haven't been symptom-free for 7 days since the lesson missed due to feeling unwell, and were not, to the best of your knowledge, exposed to COVID, we need a negative RAT taken within the last 24 hours to resume
    - If you have tested positive for COVID or were exposed to COVID we will wait for 2 weeks from your suspected exposure date to resume
  - To (hopefully) eliminate any potential confusion, the detailed version:
    - If you have not taken a polymerase chain reaction (PCR) test<sup>7</sup> or rapid antigen test (RAT) on/after day 5 of suspected/confirmed exposure<sup>8</sup>, we will plan on resuming lessons if either of the following criteria are met (please be sure to confirm before returning):
      - 14 days after suspected/confirmed COVID exposure
      - 7 days symptom free
    - If you have negative PCR test or RAT on/after day 5 of suspected/confirmed exposure, we will plan on resuming lessons if the following criteria are met (be sure to confirm before returning):
      - 7 days after suspected exposure or 14 days after confirmed exposure
      - 5 days symptom free
      - negative rapid antigen result within the last 24 hours
    - If you have positive PCR and/or RAT on/after day 5 of suspected/confirmed exposure, we will plan on resuming lessons if the following criteria are met (be sure to confirm before returning):
      - 14 days after suspected/confirmed exposure
      - 5 days symptom free
      - 2 negative rapid antigen results, at least one day apart, within the last 5 days, one of which was taken within the last 24 hours
  - Hopefully, it goes without saying that if you have a suspected or confirmed COVID exposure anytime in the week prior to your next scheduled lesson, please stay home & take care of yourself until no longer contagious to protect the community!



- While I'm holding porch lessons regardless of the transmission data at present, that may become a reference point again in the future. If so, data may dictate pausing in-person lessons again, so please be aware that we may shift to online-only lessons at any time.<sup>9</sup>
  - The data on COVID-19 for Orange county is available at the CDC data tracker here.
- **If a student does not meet all the criteria necessary for in-person lessons I will turn them away or, if already in the lesson, stop the lesson and offer a makeup lesson during our next makeup week.**<sup>10</sup>
- I use the [Aranet4](#) to monitor CO2 levels, which provides a rough idea of the quality of ventilation in the lesson space; please see below for references if curious. I will also usually have fans and/or a HEPA filter running. My aim is to keep the ventilation such that we'd be fairly safe even if we were unmasked and one of us had COVID, with masks being [a further layer of protection](#)<sup>11</sup> while maintaining a comfortable temperature and humidity level.

**Whew, thanks for reading all of that, as it makes it possible for me to keep doing this! Again, don't hesitate to reach out with any questions you may have! Thank y'all!**

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<sup>1</sup> This is primarily for three reasons:

- It's important for students to feel comfortable during their lesson, and this allows for more privacy during that time. Many of you may be already play concerts and be used to having a stranger watching you perform, but I'd rather that be a planned event for my students!
- My very high-risk family is often right inside the room between the back yard gate and the back porch, and we often have one of the windows partially open, so it's important to keep that space clear of people.
- Some family members may be unmasked when dropping off or picking up their students and I want to be sure those individuals are on the other side of the gate to help provide at least a little more room for everyone to safely maneuver in and out of lessons.

<sup>2</sup> On top of this being a safety issue, keeping an eye on my students' slipping masks is pretty distracting, so your help in following these guidelines also helps us have a more enriching lesson!

<sup>3</sup> I am not thrilled with wearing masks, but for the safety of students after you, my family, myself—and yes, even you!—I will be as vigilant about this as I am with making sure y'all remember to practice slowly...and that's saying something!

<sup>4</sup> While cloth & surgical masks are absolutely better than no masks, [they are proven to be far less effective in protecting the wearer and those in the vicinity](#). For that reason, I will no longer accept cloth or surgical masks as of May 1st. I strongly recommend an N95 respirator with head straps, such as [the 3M Aura, my go-to respirator](#).

<sup>5</sup> Please know this is not a decision I have made even remotely lightly. Those of us in the disabled community already have enough of a hard time convincing people to wear masks in the first place, and I'm not looking to make things more difficult, but the fewer regulations there are in place to protect us, I'm afraid the stronger I have to implement these protections myself.

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<sup>6</sup> Cost may be an issue in securing quality masks for our lessons and other activities, so while I realize it may be a little awkward to do so, don't hesitate ask for however many masks you need I'll do my best to make it happen with whatever supplies I've got—and I'll do my best to read between the lines so that you don't have to ask in the first place.

<sup>7</sup> PCR tests, when performed correctly, are significantly more accurate and the only publicly available way to conclusively determine if you are infected with SARS-CoV-2, as noted here: <https://covid19.govt.nz/testing-and-isolation/covid-19-testing/how-covid-19-testing-works/>

<sup>8</sup> It's important to wait 5 days after suspected exposure to ensure an accurate test result, as noted here: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

<sup>9</sup> I don't foresee this happening as long as everyone does a good job adhering to our safety protocol, but in the event this becomes necessary, some people who are currently taking in person lessons would need to transition to online lessons, even if the monthly lesson fee has been paid, so again, please be aware of this!

<sup>10</sup> That won't be fun for anyone, so if you're feeling at all sick—even if you think it's allergies—or not up for any of the requirements, please just let me know and we can have our lesson online instead!

<sup>11</sup> You will see me adjusting fans and screens if ventilation needs to be increased, and don't hesitate to ask if you have questions about airflow on the porch. Also a thank you to my students who have been helping me keep an eye on these numbers; your vigilance is tremendously appreciated!

# IanHFL Lesson Release of Liability

While the chances of accidents during music lessons are extremely low, all activities come with some risk. There is also the additional risk presented by COVID-19. Please take a moment to read the following release of liability before [signing the Lesson Policies and Release of Liability agreement](#).

## RELEASE OF LIABILITY

### READ CAREFULLY - THIS AFFECTS YOUR LEGAL RIGHTS

In exchange for participation in the activity of music lessons organized by IanHFL, LLC, and/or use of the property, facilities and services of IanHFL, LLC, I agree for myself and (if applicable) for the members of my family, to the following:

I agree to all items contained within the lesson policy, and further agree to follow any oral instructions or directions given by IanHFL, LLC, or the employees, representatives or agents of IanHFL, LLC.

I recognize that there are certain inherent risks associated with the above described activity and I assume full responsibility for personal injury to myself and (if applicable) my family members, and further release and discharge IanHFL, LLC for injury, loss or damage arising out of my or my family's use of or presence upon the facilities of IanHFL, LLC, whether caused by the fault of myself, my family, IanHFL, LLC or other third parties.

I agree to indemnify and defend IanHFL, LLC against all claims, causes of action, damages, judgments, costs or expenses, including attorney fees and other litigation costs, which may in any way arise from my or my family's use of or presence upon the facilities of IanHFL, LLC.

I agree to pay for all damages to the facilities of IanHFL, LLC caused by any negligent, reckless, or willful actions by me or my family.

I consent to the participation of myself or my child in the activity of music lessons, and, if applicable, agree on behalf of my child to all of the terms and conditions of this Agreement. By signing this Release of Liability, I represent that I have legal authority over and custody of my child.

If applicable, I understand that if my child should experience a medical emergency during the class session, I authorize IanHFL, LLC to call 9-1-1 and to seek immediate emergency medical treatment for our child. I also understand that I am responsible to retrieve my child immediately upon request. I further understand that I have the option to remain in the lesson space and to observe my child's instruction during the class session.

I acknowledge and agree that I and, if applicable, my child, must strictly comply with all safety protocols implemented by IanHFL, LLC to reduce the risk of contracting or spreading the COVID-19 while on the property or taking music instruction.

Despite the safety protocols and procedures implemented by IanHFL, LLC to mitigate the transmission of COVID-19, I understand and acknowledge that there are inherent risks that I or my child may become infected with COVID-19 due to participation in music lessons. These risks include, but are not limited to, the following: exposure to COVID-19, becoming infected with COVID-19, or becoming a symptomatic or asymptomatic carrier of the virus. I hereby acknowledge and assume the risk of myself and/or my child becoming infected with COVID-19 as a result of my or my child's participation in music lessons with IanHFL, LLC.

The parties will attempt to resolve any dispute arising out of or relating to this Agreement through friendly negotiations amongst the parties. If the matter is not resolved by negotiation, the parties will resolve the dispute using the below Alternative Dispute Resolution (ADR) procedure.

Any controversies or disputes arising out of or relating to this Agreement will be submitted to mediation in accordance with any statutory rules of mediation. If mediation does not successfully resolve the dispute, then the parties may proceed to seek an alternative form of resolution in accordance with any other rights and remedies afforded to them by law.

I affirm that I have read, understand and agree to be bound by the policies, terms, and conditions of this contract for music lessons with IanHFL, LLC. I fully understand that failure to abide by this contract will result in termination of this agreement and music lessons. I understand that I can also review these policies any time online at IanHFL.com.

I HAVE CAREFULLY READ THIS DOCUMENT AND FULLY UNDERSTAND ITS CONTENTS. I FURTHER UNDERSTAND THAT BY SIGNING THIS RELEASE, I VOLUNTARILY SURRENDER CERTAIN LEGAL RIGHTS.

[Click here to sign the Lesson Policy and Release of Liability agreement.](#)

# Health and Safety References/Resources

I've collected what feels like innumerable reference sources & useful resources while trying to navigate the ongoing pandemic with respect for all facets of our community. I've compiled some highlights for you to browse, should you be interested!

To be sure, I'll also go ahead and issue a content warning here, as some of this information may be triggering, especially to those with medical trauma or prior COVID infection.

## General Research & Advice

- [Infection Control Today: Swiss Cheese Model—How Infection Prevention Really Works](#)
- [People's CDC: Layers of Protection | People's CDC](#)
- [The COVID-Conscious Toolkit](#)
- [OK Doomer: Here's 150+ Sources on Covid to Share with Everyone You Know](#)
- [WebMD : Coronavirus Incubation Period: How Long and When Most Contagious](#)
- [CDC: Ending Isolation and Precautions for People with COVID-19: Interim Guidance](#)
- [Anaesthesia: The effect of respiratory activity, non-invasive respiratory support and facemasks on aerosol generation and its relevance to COVID-19](#)

## Testing & Surveillance

- [The Conversation: COVID-19 rapid tests can breed confusion – here's how to make sense of the results and what to do, according to 3 testing experts](#)
- [JAMA Network: Unreported SARS-CoV-2 Home Testing and Test Positivity | Infectious Diseases | JAMA Network Open](#)
- [CDC COVID Data Tracker - Wastewater Surveillance](#)
- [Biobot.io: Data on Covid-19 Wastewater Monitoring | Biobot Analytics](#)
- [CDC COVID Data Tracker - County Transmission Levels](#)

## Masks & Respirators

- [CDC: COVID-19 Decontamination and Reuse of Filtering Facepiece Respirators | CDC](#)
- [CDC: Effectiveness of Face Mask or Respirator Use in Indoor Public Settings for Prevention of SARS-CoV-2 Infection – California, February–December 2021 | MMWR](#)
- [CDC: Masks and Respirators](#)
- [WHO: Coronavirus disease \(COVID-19\): Masks](#)
- [FDA: N95 Respirators, Surgical Masks, Face Masks, and Barrier Face Coverings | FDA](#)
- [World Health Network : Mask Guidance](#)
- [CDC: NIOSH-approved N95 Particulate Filtering Facepiece Respirators](#)
- [The Journal of Infectious Diseases | Oxford Academic: Fit-Tested N95 Masks Combined With Portable High-Efficiency Particulate Air Filtration Can Protect Against High Aerosolized Viral Loads Over Prolonged Periods at Close Range | The Journal of Infectious Diseases | Oxford Academic](#)
- [AMA: What doctors wish patients knew about wearing N95 masks](#)

- [CDC: Effectiveness of Face Mask or Respirator Use in Indoor Public Settings for Prevention of SARS-CoV-2 Infection — California, February–December 2021 | MMWR](#)
- [Insider: 2 COVID experts say they are wearing masks outside when it's crowded as the highly infectious Omicron BA.5 variant spreads](#)
- [Vox: The Covid mask wars have left us unprepared for the next pandemic](#)
- [The Lancet: SARS-CoV-2: eye protection might be the missing key - The Lancet Microbe](#)

## Ventilation & Disinfection

- [CDC: Cleaning, Disinfecting, and Ventilation](#)
- [CDC: Ventilation in Buildings | CDC](#)
- [EPA: Can I measure carbon dioxide \(CO2\) indoors to get information on ventilation? | US EPA](#)
- [National Library of Medicine : Use of carbon dioxide measurements to assess ventilation in an acute care hospital - PMC](#)
- [Clean Air Crew: Ventilation - Clean Air Crew](#)
- [Clean Air Crew: DIY box fan filters – Corsi-Rosenthal box - Clean Air Crew](#)
- [Clean Air Crew: CO2 monitors - Clean Air Crew](#)
- [The BMJ: Airborne transmission: Are CO2 monitors a long term solution or “pandemic hack?” Info-Coronavirus : Ventilation | Coronavirus COVID-19](#)
- [NPR: Coronavirus FAQ: Got any tips on improving indoor air flow to reduce infection risks?](#)
- [PubMed: The efficacy of ultraviolet light-emitting technology against coronaviruses: a systematic review](#)
- [Columbia University Irving Medical Center: New Type of Ultraviolet Light Makes Indoor Air as Safe as Outdoors](#)

## Vaccines

- [WHO: Coronavirus disease \(COVID-19\): Vaccines safety](#)
- [NHS: Why vaccination is safe and important](#)
- [NIH Director's Blog: Study Shows Benefits of COVID-19 Vaccines and Boosters](#)
- [The Conversation: Why we can't 'boost' our way out of the COVID-19 pandemic for the long term](#)
- [MEAction: Protecting the Most Vulnerable: Complexities of Vaccines and Chronic Illness](#)
- [PubMed: Sudden Hearing Loss Following Vaccination Against COVID-19](#)

## Disabled, Immunocompromised, and High-Risk Community

- [NPR: Many try to return to normal from COVID, but disabled people face a different reality](#)
- [DisabilityScoop: Disability Advocates Want CDC To Reinstate Indoor Mask Guidelines](#)
- [Workers World: Feds declare health emergency over, but COVID-19 still ravages Disability community](#)
- [Leaving Evidence: You Are Not Entitled To Our Deaths: COVID, Abled Supremacy & Interdependence | Leaving Evidence](#)

## Risks

- [Nature: The immunology of long COVID](#)
- [Nature: Long COVID: major findings, mechanisms and recommendations](#)
- [Long COVID Initiative](#)
- [WHO: Episode #47 - Post COVID-19 condition](#)
- [The Guardian : Vaccines are no match for long Covid. Treating it is science's next great challenge | Danny Altmann | The Guardian](#)
- [BMA: First major survey of doctors with Long Covid reveals debilitating impact on health, life and work - BMA media centre](#)
- [MSNBC News : Latest study on long Covid reveals bad news for just about everyone](#)
- [The Atlantic: Fatigue Can Shatter a Person](#)
- [The Atlantic : COVID-19 Long-Haulers Are Fighting for Their Future - The Atlantic](#)
- [CDC: Guidance for Certifying Deaths Due to Coronavirus Disease 2019 \(COVID-19\)](#)
- [TIME: Getting COVID-19 Could Weaken Your Immune System | Time](#)
- [Immunity: Spheromers reveal robust T cell responses to the Pfizer/BioNTech vaccine and attenuated peripheral CD8+ T cell responses post SARS-CoV-2 infection: Immunity](#)
- [bioRxiv: Long COVID manifests with T cell dysregulation, inflammation, and an uncoordinated adaptive immune response to SARS-CoV-2 | bioRxiv](#)
- [The Tyee: What If COVID Reinfections Wear Down Our Immunity? | The Tyee](#)
- [The Conversation: COVID-19 can cause lasting lung damage – 3 ways long COVID patients' respiration can suffer](#)
- [The Conversation: What the research shows about risks of myocarditis from COVID vaccines versus risks of heart damage from COVID – two pediatric cardiologists explain how to parse the data](#)
- [Johns Hopkins Bloomberg School of Public Health : COVID and the Heart: It Spares No One | Johns Hopkins | Bloomberg School of Public Health](#)
- [CDC: Cardiac Complications After SARS-CoV-2 Infection and mRNA COVID-19 Vaccination – PCORnet, United States, January 2021–January 2022 | MMWR](#)
- [Springer Link: Neuroimmune disorders in COVID-19 | SpringerLink](#)
- [Fortune: COVID isn't just infecting you—it could be reactivating viruses that have been dormant in your body for years](#)
- [CDC: Fungal Diseases and COVID-19](#)
- [Harvard Kennedy School: The Economic Cost of Long COVID: An Update - David Cutler | Harvard Kennedy School](#)