



Orchestra Policies – effective August 2025

- Electronic devices – all phones/electronic devices should be turned off during rehearsals and concerts. They may be used during break/intermission. If you have a smartwatch, please set it on airplane mode so it does not interrupt your focus.
- Leave food and drink outside the rehearsal/concert hall. A closable water container with water only is allowed in rehearsal if needed.
- Please come prepared to rehearsal. This shows mutual respect for all members of the orchestra.
- Rehearsals will begin on time. Be in place, ready to tune, prior to tuning. Please be in place five minutes early to avoid tardiness.
- Bring a pencil and your symphony music folder to each rehearsal, even if you share a stand with another player.
- Never use pen or other kind of permanent marker on music. Use only pencil.
- All players are responsible for the proper care of parts assigned to them. Use the folder provided to help keep the music in good condition. If you need a new folder, please ask.
- Take special care with rental music. It costs the orchestra money to replace lost or damaged parts.
- Please avoid talking or playing when the director is talking.
- Be backstage or on stage no later than 15 minutes before a concert.
- At the end of a concert, leave your assigned music folder with all music on the stand. Please do not take the music with you.

Dress Code

“Concert Black” is defined as follows:

- Black shoes (no sneakers, sandals, or flip-flops), black socks/hosiery.
- Black dress pants.
- Black button-up shirt, long sleeves.
- Black dress – full length or $\frac{3}{4}$ length dress, with full or $\frac{3}{4}$ length sleeves.
- Black blouse – sleeves must be full or $\frac{3}{4}$ or length.
- Black pantsuit.
- Modest necklines.
- A black tie and/or black jacket is optional.

To Avoid:

- No short sleeves, no sleeveless tops, no spaghetti straps, no strapless tops.
- No tights/yoga pants worn as pants.
- No white socks, no white shirts, no white lace as part of a dress, etc.

If in doubt, ask ahead of time!

HEARING AND PERFORMANCE HEALTH AND SAFETY

Hearing health is essential to your lifelong success as a musician. Noise-induced hearing loss is largely preventable by avoiding overexposure to loud sounds, especially for long periods of time. YOU are the primary factor in ensuring your hearing health. Remember to make good decisions and use earplugs when needed.

Performance health is also essential to your musicianship. Musicians use their bodies in specific and highly trained way, repeating these motions countless times. Injuries can have a lasting impact on performance ability. Musicians of all levels and ages can suffer from repetitive stress injuries, neuromuscular injuries or dystonia, and psychological issues including performance anxiety.

Performance health can vary widely depending on your performance area. For more general information about hearing and performance health, see the [Music and Theatre webpage dedicated to these topics](#). If you are concerned about your health as a musician, or are experiencing discomfort in practice or performance, seek advice from a medical professional.