

Please read this Guidance carefully so that you know what arrangements are being made for a safe return to rehearsals and what your role is. Once you are clear please let our Membership Secretary, Ingrid Hardiman, know by email or by telephone that you have received and read these as everyone will be expected to abide by them.

Before Rehearsals:

1. Do not come to Rehearsal if:
 - you have any symptoms or feel unwell
 - You have tested positive for Covid by PCR or Lateral Flow test
 - You have been told to self isolate
 - Someone you have close contact with has tested positive
 - You are quarantining after a visit abroad.
2. Ensure that the Membership Secretary has up to date contact information for you, including your telephone numbers.
3. We encourage you to have been fully vaccinated. If not vaccinated then we ask that you take a Lateral Flow Test (LFT) on the day of the rehearsal.
4. The venue will have been cleaned and aired before the rehearsal .
5. The chairs will be set out to be socially distanced by 1m+ in all directions & in staggered rows.
6. A Seating Plan may be necessary.

During Rehearsals:

1. Maintain a minimum of 1m+ social distancing at all times.
2. On entry register with the designated Committee/Choir Member.
3. Sit only in the designated seating as laid out.
4. Individuals can request a greater distance for themselves - please contact our Chair, Liz Preece.
5. Wear a face mask when *not* rehearsing.
6. Individuals may choose to wear a face mask while singing.
7. Do not wander around the room before or after the rehearsal or during the 5 minute break.
8. We will keep doors and windows open - consider wearing warm clothing.
9. Sanitise your hands on entry and exit.
10. Avoid touching shared surfaces as much as possible.
11. Bring your own scores or follow the guidance given by our Librarian, Roger Hardiman.
12. Bring your own pencil and bottle of water (no other refreshments)
13. Follow any protocols the venue has in place and any updates or additional guidance given by our Chair (Liz Preece) or Musical Director (John Hobbs)

Notes:

1. If you wish to discuss any of the above measures please contact our Chair, Liz Preece.
2. We will provide spare face masks, hand sanitiser and wipes but please help by bringing your own.
3. Even if you have been vaccinated you will still need to comply with these rules.
4. Your compliance is vital to our ability to continue.

The Risk Assessment and this Guidance will be reviewed every two months (or sooner) and adjusted in the light of our experience and developments in local and national Covid cases/ guidance/restrictions.