

## **NDCS Covid Secure Rehearsals - Guidance for Members. Revised 6th March 2022.**

Covid 19 is still with us as are the increased risks presented while singing in enclosed spaces. Government legislation has been replaced with Guidance (21.2.22) which continues to advise vaccination, staying at home if unwell, maintaining good ventilation indoors and wearing of masks when mixing in crowded indoor places. We have sought to reflect this in the changes we are making to our NDCS Guidance for rehearsals and performance. We also understand that there will be different levels of concern amongst choir members, please continue to exercise caution and respect the needs of others.

Please read this document carefully so that you know what arrangements are being made for secure rehearsals and what your role is in helping to keep everyone as safe as possible.

**Please note that by choosing to attend rehearsals you are consenting to abide by this guidance for the safety and well-being of all.**

### **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.
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2. If you fall ill or have a positive test having just attended a rehearsal or fall ill between that rehearsal and the next you must inform the Membership Secretary immediately.
3. Ensure that the Membership Secretary, Ingrid Hardiman, (01271 889022) has up to date contact information for you, including your telephone numbers.
4. We strongly urge you to be fully vaccinated.
5. If not vaccinated please take a Lateral Flow Test (LFT) on the day of the rehearsal.
6. The venue will have been cleaned and aired before the rehearsal .
7. The chairs will be set out to be socially distanced.

### **During Rehearsals:**

1. We suggest that you continue to wear a face mask on entry, on exit or when needing to move through the hall.
2. You may choose to wear a face mask while singing.
3. Be aware of others and maintain appropriate social distancing.
4. On entry register with your Voice Part Rep.
5. Sit only in the designated seating as laid out.
6. Individuals can request a greater distance for themselves - contact our Chair, Liz Preece.
7. Restrict movement around the room before or after the rehearsal or during the 5 minute break.
8. We will open doors and windows to ensure good ventilation - wear warm clothing.
9. Bring your own pencil and bottle of water (no other refreshments)
10. At the end of the rehearsal please leave the hall promptly.
11. Please follow any other protocols the venue has in place and any updates or additional guidance given by our Chair (Liz Preece) or by our Musical Director (John Hobbs)

### **Notes:**

1. If you wish to clarify any of the above measures please contact our Chair, Liz Preece (01237 425440)
2. Spare face masks, hand sanitiser and wipes will be available.
3. Your compliance ensures that we can continue doing what we love - singing together!

*The Risk Assessment and this Guidance will be reviewed regularly and adjusted in the light of our experience and developments in local and national Covid cases/guidance/restrictions.*