

Covid 19 Guidelines for Choir Members attending Rehearsals

We will do all that we can to mitigate the risks of Covid 19. However Choir members should assess the risk to themselves and others before attending rehearsals/concerts.

Do not attend if you have:

- any of the following symptoms: new continuous cough; raised temperature above 37 degrees; lack of taste/smell, or feeling unwell.
- been in contact with a person showing symptoms of Covid 19 in the last 14 days.
- been abroad in the last 2 weeks
- been in contact with persons who have been on holiday abroad in the last 2 weeks.
- been contacted by the Government's Track and Trace and told to self isolate in the last 14 days.
- Choir members who become ill between rehearsals and are unable to attend to contact Helen.

Wearing Face masks is mandatory (unless a person is officially exempt for medical reasons) and must be replaced when damp and disposed of in a sealed plastic bag which is to be disposed of at home. Three recommended.

Music

- Choir members where possible should purchase/provide their own music and place in an easily cleaned folder/plastic envelope. Sheet music when necessary will be provided in a clear plastic pocket and this should not be shared with other singers. Members will need to bring a suitable 2B pencil to mark music scores.
- Members must maintain at 2 metre distance when queuing for music.
- Research shows that singing at a lower volume does reduce the risk of aerosol infection by limiting the amount of breath expelled. Therefore the need to inhale so deeply is reduced and the potential risk of infection.

Guidance for choir members at rehearsals

- On entering and leaving the venue each choir member will be required to queue at the door maintaining 2 metre distance and wearing a mask
- Members will be reminded to use the hand sanitisers on entering the venue
- A committee member will allocate a seat according to a seating plan with names placed on seats.
- Please stay in your seats to maintain a safe distance.
- Your coat or other items will need to be stored on the back of your chair.
- Please bring any refreshments with you.
- Avoid touching surfaces as much as possible.

Using the toilet

- The disabled toilet will be available to use throughout the rehearsal
- Members must keep a recommended safe distance when queuing, remaining in lobby until the toilet is vacant.
- disinfectant wipes will be provided for your use.
- Wipes, liquid soap, and paper towels will be provided for hand washing and a bag and bin will be supplied for disposal **Please do not put wipes down the toilet**

Choir members who would like to contribute to choir expenses during this period should leave donations in a box which will be located at the entrance.