

**Before rehearsal**

Do not come to rehearsal if:

- you have symptoms / feel unwell
- you have tested positive (PCR or Lateral flow)
- you have been told to self isolate
- you have been advised to self isolate by NHS
- you have had close contact with someone who tested positive and you have not confirmed you are negative.
- you are quarantining after a visit abroad

Please take a rapid lateral flow test before attending rehearsals/concerts and only attend if the test reports negative. Test kits are available free of charge from NHS online or from many pharmacies.

If you become unwell following a rehearsal and test positive for COVID you are encouraged to advise the Secretary/Line Reps as soon as possible please.

Your confidentiality will be fully respected if you wish.

Note: NHS Test and Trace are primarily responsible for advising contacts.

If you are advised that you have been close to someone who has tested positive for COVID (at a rehearsal), please follow NHS Test and Trace guidance and give consideration to other members.

Think twice about attending if you have not had 2 vaccinations.

The venue will be cleaned before our rehearsal / after the last use

We will keep doors and windows open - consider bringing warm clothing

Familiarise yourself with the seating plan to be emailed prior to first rehearsal.

Please advise the Secretary asap if you do not intend to attend rehearsals this term.

Please advise the Secretary of any change to your contact details as soon as possible

**During rehearsal**

Attempt to maintain social distancing at all times

Be respectful of each other's space and the seating plan.

Respect requests of others, for example if the Music Director requests we sing more quietly.

Wear a face mask when not singing seat

Wash / sanitise your hands on arrival and regularly after that

Follow any protocols the venue has in place

Ensure you have signed into attendance register with Line Rep

Avoid touching shared surfaces as much as possible

If you feel unwell during rehearsals, please mention to line rep and leave immediately. The committee will consider appropriate further actions.