

# **Alnwick & District Choral Society - Guidance for living with Covid & respiratory illnesses**

v4 April 2022

## **Before rehearsal**

Do not come to rehearsals/concert if:

- you have feel unwell in any way.
- you have tested positive for covid (PCR or Lateral flow)
- you have had close contact with someone who tested positive and you have not confirmed you are negative.

Rapid lateral flow test can be used before attending rehearsals/concerts if members prefer

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

Your confidentiality will be fully respected if you wish.

If you are a close contact of someone who has tested positive for COVID, please follow government guidance and do not attend rehearsals/concerts

We encourage all members to be fully vaccinated.

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 or the concert 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 others space and the seating plan.

Wear a face mask when not singing if you prefer.

Maintain good hand hygiene and follow catch it, bin it, kill it.

Follow any protocols the venue has in place

Ensure you have signed into attendance register with Line Rep

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