

This document sets out the format and requirements* that we will adhere to, to enable us to safely and legally hold rehearsals whilst Covid19 restrictions apply.

- 1. Rehearsals shall take place in Freston Village Hall**
 - 1.1. **Heating** may be used as it is radiator convection heating
 - 1.2. Doors and windows are to be opened providing **natural draught ventilation**
 - 1.3. **One way system** to be put in place
- 2. Hand sanitizer must be used** upon arrival to the hall
 - 2.1. Hand sanitizer must be used upon **exit and re-entry** to the hall
 - 2.2. If you have your own please bring it, but some will be provided
- 3. Face masks** are to be worn when entering or exiting the building
 - 3.1. Once inside in "position" they **may be removed** providing social distancing is maintained
 - 3.2. Masks **do not** need to be worn while singing or in the process of learning (**under direction**)
- 4. Social distancing** must be maintained at a **distance of 2 metres plus** at all times
 - 4.1. During breaks and "non singing" times please ensure no mingling
- 5. Members must all face forward** (side by side)- *apart from MD*
 - 5.1. More than one row may be used as long as
 - 5.1.1. There is a distance of **2 metres** between each position
 - 5.1.2. Each row is **staggered** so that you are not directly in front or behind another person (each person would be at least 4 metres in front or behind someone)
- 6.** There should be **no physical contact** with other members
 - 6.1. If there is a need for contact, it must be kept to a minimum
- 7.** The MD must wear a face mask (**if less than 4 metres** from the chorus)
- 8. Particular care should be taken with regard to social distancing at pinch points**
 - 8.1. Entrances and exits
 - 8.2. Toilets
- 9. All members showing signs or symptoms of CV19 MUST inform, the chairman (Andy W), or the musical director (Ben T), STRAIGHT AWAY, and must self isolate for 10 days**
- 10.** All members must **ensure that they are recorded** as present at a rehearsal to comply with **Track & Trace** (*All details held for Track & Trace will be deleted after 21 days*)
 - 10.1. The chairman will record members present, please ensure you have been recorded
- 11.** All members in the vulnerable or "at risk" category should not come to rehearsals
 - 11.1. It is up to the individual member if they wish to attend**
- 12. If a member feels unwell for whatever reason, they should not attend rehearsal**
 - 12.1. If it confirmed not covid19 can return to rehearsal
 - 12.2. If symptoms clear and all ok for 10 days, then may resume rehearsal
 - 12.3. If symptoms clear and is confirmed not CV19 then may return
- 13. All members should bring their own drinks**
 - 13.1. Bought drink in bottles (*All rubbish to be taken home*)
 - 13.2. Drinks from home in flasks or bottles (*All rubbish to be taken home*)
- 14.** All members must use **their own music sheets**
 - 14.1. Please ensure that any music needed is **printed from the website**
- 15.** Breaks will be held **every 40 minutes** to clear the area and minimise minimize risk
 - 15.1. Breaks will be a **minimum of 10 minutes** (Windy days may affect minimum time)
- 16. Toilets will be open** and available to use
 - 16.1. Restrictions for the use of the toilet (**1 in 1 out**)
 - 16.2. **Sanitize hands upon re-entry** to rehearsal area (even if you just washed your hands- that way we can all be safe in the knowledge that **hands are clean**)

If we adhere to the above, we should have a safe, fun rehearsal!

www.eastcoastcollective.co.uk

**All guidelines subject to change, in accordance to government guidelines and regional advice*