

# Bishopwearmouth Choral Society

Version 2.2 21/08/2021

## Guidance for members

### 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
- someone you have close contact with has tested positive
- you are quarantining after a visit abroad

We encourage you to use lateral flow tests regularly (especially on the day of rehearsal if you can)

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

### During rehearsal

Maintain 1m plus social distancing during rehearsals at all times

Individuals with particular vulnerabilities can request adaptations to arrangements - please contact Eileen Watson (Secretary)

Be respectful of each others space

Wear a face mask when not rehearsing / on arrival and departure or leaving your seat for any reason

We will keep doors and windows open for as long as possible - consider bringing warm clothing

Wash / sanitise your hands on arrival and regularly after that

Follow any protocols the venue has in place

Check in the venues Test and Trace procedures if you have the technology

Ensure that your Section Rep. has recorded your presence on the register

Avoid touching shared surfaces as much as possible

Do not share scores or equipment if possible (use hand sanitiser if you have to)

Bring your own refreshments - and take everything home again with you.

### Notes

If you wish to discuss any of the above measures please contact Eileen Watson (Secretary)

Even if you have been fully vaccinated, you will need to comply with these rules

Two warnings will be given to each member not co-operating with mitigations - after a second warning, you may be asked to leave

We will provide spare face masks, hand gel and antibacterial wipes , but please help by bringing your own

If you do not comply, you will jeopardise our ability - and that of thousands of other groups - to hold rehearsals in future

Please bear in mind that rehearsals may need to be cancelled at short notice if circumstances (such as a local contact or outbreak) make this necessary.