

# **SPO Rehearsal Information during Covid Restrictions**

All members restarting rehearsals from September 2020 please follow these instructions. Full guidelines and the risk assessment will be up on the website.

- Firstly, please do not come to rehearsal if you feel unwell – better safe than sorry!
- You may not be able to attend every rehearsal as numbers have to be reduced to adhere to social distancing rules and the requirements of the SCH Trust. A rotation list will be circulated to show who will attend each rehearsal. Please do not come if you are not on that week's list.
- You must print and sign a consent form for each rehearsal that you attend and bring it to the rehearsal.
- Masks must be worn on entering and leaving the building and during breaktime.
- The lift will be limited to one person at a time.
- The NHS Covid QR poster will be displayed inside. If you have the Covid app on your phone you can scan the QR code on the poster in line with the NHS tracking system. You must still bring a consent form.
- On the stairs up to the hall, a give-way system will be used with priority for those going upstairs, keeping left. Those coming down should give way and wait on the landing to allow those going up to pass at a safe distance.
- Seating positions will be allocated to you. You will be informed at the door where you will sit, and someone in the hall will show you your seat. You should not move around the hall unnecessarily. Please do not move any chairs. Do not put chairs away at the end of the rehearsal.
- All members must bring their own music stand as no sharing of desks is possible.
- Instrument cases should be kept beside/behind your own chair.
- Do not share any equipment. Bring your own pencil, rosin etc.
- Music will be given out to every individual to keep and bring to every rehearsal to avoid unnecessary contact. Jenny is kindly organising. No big blue box!
- Please bring own refreshments as the kitchen is closed.
- Please maintain social distancing at all times.

Hopefully we can get back to 'normal' at some future date but for the time being it will be wonderful to at least get started on making music together again.

**Stay safe and happy practising!**