

NEWSTEAD ABBEY SINGERS COVID REHEARSAL GUIDANCE

This guidance is designed to keep us all as safe as possible and to enable us to enjoy singing in the same room together.

It is proven that the virus spreads in confined, crowded, poorly ventilated indoor environments. We must avoid that scenario at all costs.

Each household will be regarded as a separate group and must not mingle with others.

Keep 2 metres apart at all times (unless from the same household), especially on arrival and departure.

Wear masks at all times, unless medically exempt.

If you find singing in a mask uncomfortable you can remove it providing:

- a) that you increase distancing to 3 metres and**
- b) you sing at minimum volume**

Try not to touch any surfaces apart from your own chair and possessions.

Please don't move any chairs (unless instructed to) or share music, pencils etc.

Sing at reduced volume and away from others.

If you need to move about the room maintain social distancing.

One person at a time in a toilet and wipe clean any surfaces that you touch. (e.g. door handles, taps, flush etc.)

Windows and doors will be open for ventilation purposes, so dress appropriately.

There will be no refreshments. Bring your own if required and do not share with others outside of your household.

Cleaning materials will be available. At the end of the rehearsal please clean your chair; put it away as instructed and help to leave the hall clean for the next users.

This guidance will be reviewed after every meeting in the light of constantly changing conditions.