

NEWENT ORCHESTRAL SOCIETY REHEARSALS GUIDANCE as of 15 January 2022

WELCOME BACK! WE HOPE YOU HAD A GOOD BREAK. THE HIGHER TRANSMISSION RATE NOW MAKES IT IMPORTANT TO TAKE A COVID LATERAL FLOW TEST BEFORE ATTENDING

NOTE THAT YOU ARE NOW REQUIRED TO WEAR A MASK WHEN IN THE COMMUNITY CENTRE WHENEVER NOT PLAYING AND TO KEEP WELL SPACED FROM OTHERS

You must follow the following instructions when attending rehearsals so that we can operate safely

You must now wear a mask while in the Community Centre. If possible, use it also while playing

Before rehearsal **Take a lateral flow test for Covid-19. Attend only if negative.**

Our main way to operate Covid-safe is to keep the virus away from rehearsals, so it is important that you do not attend 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

Upon arrival **You must wear a face mask while in the Community Centre.** Use it also while playing if you can

Chairs will have been set out

Please keep apart if queueing to enter

Please sanitise your hands on entering and leaving

The venue will have been cleaned after the previous users

Register your attendance with Bill - use of Test and Trace QR scan is not required currently

During rehearsal **Because we cannot absolutely guarantee that an infected person will not attend, please observe the following instructions to help us minimise transmission risk:**

Keep apart when in the Community Centre and be respectful of others' space

You must now wear your face mask whenever not playing. If possible, use it also while playing or use your instrument bell cover if you have one

We will keep doors and windows open to ventilate the space all the time we are attending - dress warmly

Follow any protocols the venue has in place - see posters

Minimise how much you touch anything

Bring your own music stand. Use hand sanitiser if you have to share anything

Bring your own refreshments and consume them outside - the hall will be emptied during the break

Minimise how much you enter other parts of the centre (**wear your mask**) and avoid touching surfaces

Clean up any drops of liquid that have fallen from your instrument and dispose of the tissue in a waste bin

After rehearsal **Put on your face mask**

Leave your chair in place as you leave so that we can sanitise them all after use

Sanitise your hands as you leave

Let Colin or Bill know if you test positive for Covid-19 during the week after attending

Contact details Colin 07519 958511 colinhendersonchelt@gmail.com

Bill 07527 175026 billanderton90@gmail.com

If you have any difficulties with any of these instructions, please let Colin or Bill know