



Macclesfield Singers

Protocol for Singers' Rehearsals at St Michael's Church under Covid restrictions

1. Do **not** attend rehearsals if:
 - a. You have been told by NHS England to self-isolate;
 - b. You have returned from abroad and been told to self-isolate;
 - c. You are subject to local lockdown rules;
 - d. you have felt unwell with any of the following symptoms, or have been in contact with anyone with such symptoms:
 - raised temperature;
 - new persistent cough;
 - loss of smell/taste;
2. Wait outside (2m apart from others) until safe entry is possible;
3. Maintain 2m distance from others **at all times**;
4. Sanitise hands on entry;
5. Complete and sign Covid questionnaire* (using own pen/pencil) and leave in box provided;
6. Wear a face mask (fully covering nose and mouth) inside the building until singing begins;
7. Follow the one-way system;
8. Sit only on chairs on which there is a coloured card (**3 empty chairs** between singers), in your designated section area;
9. Hand sanitiser will be available in the entrance area and chairs will be sprayed and wiped before and after rehearsals, but you may wish to bring your own sanitising equipment for added reassurance;
10. If you need to cough or sneeze at any time, use a tissue or the crook of your arm;
11. If you feel unwell with Covid symptoms at any point **during** a rehearsal, make someone aware immediately. The rehearsal will be terminated at once. You should remove yourself safely from the rehearsal area first, leave the building and wait outside should assistance be needed, then undertake a Covid test asap, informing the Chair immediately of the outcome of your test;
12. If you need a drink, bring your own. There will be **no interval** for refreshments and socialising;
13. If using the toilets, please follow the hygiene instructions on the toilet door;
14. At the end of the rehearsal, leave the building only when instructed, on a row by row basis;
15. Socialise only outside and at 2m distance.

*The Covid questionnaire will be completed every week by all who attend. It will be stored for 3 weeks then disposed of securely.

This protocol is designed to reduce the risks from Covid-19 to an acceptable minimum consistent with government guidelines. However, each member is responsible for assessing her/his own personal risk and some members may fall into a higher risk category than others (see NHS website for guidance).