

Argus Singers: COVID19 Guidance for members

1. Members' responsibility

1.1 Before a rehearsal

1. Do not come to rehearsal if:
 - you have symptoms / feel unwell
 - you have tested positive with either a PCR or Lateral flow test
 - you have been told to self-isolate
 - someone you have close contact with has tested positive
 - you are quarantining after a visit abroad.
2. We encourage you to take a lateral flow test on the day of rehearsal if you can (*but we will not ask if you have done so*).
 - Lateral flow test are freely available from pharmacies, just ask for them
 - Or they can be ordered online from www.gov.uk/order-coronavirus-rapid-lateral-flow-tests.
3. On entering the building
 - check in using the venue's test and trace procedures
 - sanitise your hands, maintain social distancing and wear a mask until you reach your seat.
4. Let us take your temperature using a "no touch" thermometer before you enter the rehearsal room, if it is high you will be asked to leave.

1.2 During rehearsal

1. Take a seat in your section: please do not move chairs.
2. Observe 1m social distancing at all times.
3. Wear a face mask when not rehearsing.
4. Consider bringing warm clothing as we will keep doors/windows open for ventilation where practical.
5. Bring your own music: do not share.
6. Bring your own refreshments and take these away afterwards.
7. Avoid touching shared surfaces as much as possible: sanitise your hands after doing so.

1.3 After rehearsal

1. At the end of the rehearsal please leave your chair where it is.
2. Maintain social distancing whilst leaving the building by either stairs or lift.
 - The lift should be used by only one person at a time:
 - anyone waiting to use the lift is asked to remain in the rehearsal room until it is available.
3. If you test positive after a rehearsal contact the membership secretary: do not return to rehearsals until your quarantine period has ended and you have the "all clear".

Argus Singers: COVID19 Guidance for members

2. Committee's responsibility

2.1 Before rehearsal

1. The venue, chairs and piano will be cleaned before our rehearsal: The piano will be surrounded by perspex screens to protect the accompanist.
2. Chairs and the piano will be placed at suitable positions, chairs 1m apart from each other.
3. We will take members' temperatures and ask anyone with a high reading to leave.

2.2 During rehearsal

1. The Membership Secretary will take an attendance register each rehearsal.
2. The piano will be surrounded by perspex screens to protect the accompanist.

2.3 After rehearsal

1. The venue, chairs and piano will be cleaned after use and put away by committee members.
 2. If anyone contacts the membership secretary about testing positive after a rehearsal she will inform all all other attendees.
-