

# Rules for Covid-secure SGB rehearsals



Version:	1.1
Last updated:	30 <sup>th</sup> October 2020

1. Do not attend if you have symptoms or have been in contact with someone with symptoms of Covid-19 in the last 7 days.
2. Track and trace; scan the QR code provided with the NHS Covid-19 app to check-in, or alternatively inform the committee member on the door that you would like the committee to store your details for track and trace for 21 Days.
3. There must not be any social interaction between groups of more than 6 at any time (including when arriving or leaving).
4. Bring your own:
  - a. Music stand & instrument
  - b. Music
  - c. Hand sanitiser and towel/wipes (to clean your own area after rehearsal)
  - d. Drink/water
  - e. Layers (the windows will be open for ventilation!)
5. Minimise what you bring into the venue; please only bring what is needed and keep it by your allocated seat.
6. Do not bring any non-playing friends, family or pets to rehearsals.
7. Wear your own face covering (unless you are medical exempt) at all times except when playing a woodwind or brass instrument; please tell a committee member via the SGB email address in advance or on the door if you are medical exempt from wearing one so that we can respect that - we will not ask for any details.
8. Follow venue guidance on accessing the toilet.
9. If someone is standing within 2m of you please just politely remind them to maintain a distance.
10. Turn down the volume – quieter playing gives less air flow. The conductor will not mind!
11. Use a bell covering if you play a woodwind or brass instrument (french horns and flutes are exempt from this); this is to help reduce the risk of transmission.
12. **Do not clean your instrument at rehearsals.**
13. Wipe down your chair with your own antiseptic wipe after rehearsal. Mop up any spittle and antiseptic wipe the floor in the areas where you have played.
14. Inform a Committee member if you develop any Covid-19 symptoms during rehearsals.
15. Leave by the designated exit, keeping social distancing and waiting until a Committee member indicates when it is clear to go.
16. Do not congregate outside the venue.
17. Inform the Committee via SGB email if you develop any Covid-19 symptoms within the 7 days after a rehearsal. Your name will not be shared with band members.
18. Please follow instructions made by committee members and the conductor at rehearsals.
19. If you receive more than 2 warnings from a committee member for not following the rules in place then you may be asked to leave the rehearsal. Warnings from previous rehearsals will be counted towards this.

Enjoy the rehearsal :-)