

Rules for Covid-secure SGB rehearsals



Version:	3
Last updated:	5 th September 2021

1. Do not attend if you have symptoms, or have been in contact with someone with symptoms of Covid -19 or someone with a positive test for Covid-19 in the last 7 days.
2. Please consider carrying out a lateral flow test before the rehearsal if not already testing regularly. Do not attend if it is positive.
3. It seems most bandmates have been vaccinated but please maintain social distance.
4. 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.
5. Please ensure any social interaction is socially distanced.
6. 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/ snacks for the break
 - e. Layers (the windows will be open for ventilation!)
7. Minimise what you bring into the venue; please only bring what is needed and keep it by your allocated seat.
8. Do not bring any non-playing friends, family or pets to rehearsals.
9. 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. This is a venue requirement.
10. Follow venue guidance on accessing the toilet.
11. If someone is standing within 1m of you please just politely remind them to maintain a distance.
12. Turn down the volume – quieter playing gives less air flow. The conductor will not mind!
13. Use of bell coverings is optional.
14. **Do not clean your instrument at rehearsals.**
15. 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.
16. Inform a Committee member if you develop any Covid-19 symptoms during rehearsals.
17. Leave by the designated exit, keeping social distancing.
18. Do not congregate in large numbers outside the venue.
19. Inform the Committee via SGB email if you develop any Covid-19 symptoms or have a positive test within the 7 days after a rehearsal. Your name will not be shared with band members.
20. Please follow instructions made by committee members and the conductor at rehearsals.
21. 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 :-)