

## **WEST CUMBERLAND CHORAL SOCIETY**

**14-Sep-21**

### **Guidance for members - covid risk assessment**

#### **Before rehearsal**

Do not come to rehearsal 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 (PCR or Lateral flow)
- you are quarantining after a visit abroad

To keep all members safe please use lateral flow tests at least twice a week - these can be obtained free of charge from pharmacies or online from [www.gov.uk/order-coronavirus-rapid-lateral-flow-tests](http://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests)  
The venue will be cleaned before our rehearsal / after the last use

#### **Entrance/Exit of Rehearsal Room**

Please maintain a distance between other members as you enter or leave the building

There is a checking in QR code which you may wish to scan using the NHS app on a smart phone

#### **During rehearsal**

Maintain social distancing at all times & please do NOT move your chair - these have been placed 1m apart and must remain so.

Be respectful of each others space

Bring and wear a face mask for entering/leaving the rehearsal room or for moving around unless you are exempt. You will not need to wear your mask to sing, you may wish to.

Doors and windows will need to remain open for as long as possible to provide ventilation so please wear suitably warm clothing

Please sanitise your hands on arrival and regularly during the evening

The committee member in charge each evening will sign you in to our register

Avoid touching shared surfaces as much as possible

Bring your own music stand, sheet music, pen & pencil etc. Do not share equipment if possible (use hand sanitiser if you have to)

Bring your own refreshments

#### **Use of Toilets**

The usual hand washing and sanitising applies

Be aware and maintain social distancing as this part of the hall is a small space and can get congested.

#### **Notes**

If you wish to discuss any of the above measures please contact any WCCS committee member

The school provides hand sanitiser and anti bac wipes , but it would be helpful if you bring your own

Even if you have been vaccinated, you will need to comply with these rules as it is still possible to become infected & infect others even after double vaccinations

Two warnings will be given to each member - after a second warning, you may be asked to leave

If you do not comply, you may jeopardise the health & safety of others and the choir's ability to hold rehearsals in future

For now, please refrain from making announcements, leave this to the MD and chair / committee member in charge