

## **Safety rules at rehearsals for COVID prevention:**

Everyone attending should get themselves into a twice-weekly pattern of self-testing, using the lateral flow self-test. Use this service to order free packs of rapid lateral flow tests to be sent to your home: – [Covid test instructions](#). Please note that it is vital we check for asymptomatic COVID conditions, as well as early infections. You should only come in if you have had a negative test. If you have not started a regimen, it would be best to time it so that one of your tests is on the Thursday of each week, so that it is close to the rehearsal.

- Sign in on the register
- sanitise hands on arrival and before and after touching common surfaces.
- Sit at least 2m from anyone else.
- Avoid sharing music or stands.
- Wear a mask at all times except wind players and the conductor, who will need to remove theirs in order to play/conduct.
- Wear warm clothing because doors and windows have to be open to allow air circulation.
- Minimise “mingling.”
- A copy of the Risk Assessment is available upon request
- If anyone has been in contact with someone with Covid-19 or tested positive please please don't come!