CODE OF BEHAVIOUR FOR ATTENDING UCKFIELD COMMUNITY ORCHESTRA IN PERSON REHEARALS

These requirements are in accordance with Making Music guidance and based on the latest government guidance. They may seem to be demanding but it is important that we follow them. Covid, including variants, remain a risk. If music groups have significant cases, we could be banned from meeting once more.

We very much hope that you will continue to support the orchestra, as you feel able, as we try to keep everyone safe.

* You must assess your personal level of risk, given your health etc., and the level of risk you are comfortable with, when deciding whether to attend. If you choose not to come, that is fine. It would be helpful if you could give us feedback to help us plan the future, including your views on Zoom and any other thoughts.
* If you have not already been vaccinated, please consider doing so unless you have a medical reason not to. We do not insist on this but it is advised to reduce everyone’s risk. If you are willing to let us know your vaccination status, it can help us assess risk.
* Taking a lateral flow test prior to attending is not a requirement, but it also reduces risk, so you may like to consider doing so. Free tests can be ordered from <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>. It will help us, if you let Linda know the date and result of any tests you take within 24 hours of rehearsal.
* Before attending, read through these rules and **complete the self-declaration pre-rehearsal questionnaire. Bring it with you, pre-filled,** to avoid queues on arrival. **Do not attend if you answer ‘yes’ to any of the first five questions, or if you feel unwell.** We are required to have these details. Please be legible and fill in all the details.
* Sharing of any items is not permitted so **you must bring your own stand, music**, soft pencil and any refreshments you want. You are advised to dress for a well-ventilated room and bring pegs to secure music in case of drafts. Please bring tissues and use them if you need to sneeze or cough.
* You are advised against car sharing outside of your own household. If you do share, then you should have windows open, wear masks and sit as far apart as possible.
* We are allowed to meet as a structured activity, not as a social event, so unfortunately **mingling is strictly not allowed**. **Keep 2m apart at ALL times, including outside.** Avoid causing congestion. **Queue** up 2m apart, rather than bunch up. (There will be some chance to talk outside during breaks but we still need to keep 2m apart then. Remember that time together increases risk, even when outside, so wear a mask if chatting, keep apart and keep it short.)
* **Do not enter the hall until we have finished setting up the hall and invited you in.**
* Put on a **well fitted mask** before entering the hall. If you are exempt, please tell the committee in advance. **Bring more than one** in case it gets wet. We will have a few spare disposable masks if you forget yours. **A visor or shield may be used in addition to a face covering, but not instead as it does not filter airborne particles.**
* On entering, use the **hand-gel** or use your own, give in your self-declaration form and go straight to you allocated seat, **keeping your things with you** by your chair. If your instrument is particularly large, such as a cello, you can store the case away from everyone at the side, but avoid getting within 2m of anyone.
* Take a wipe and spray and **clean your allocated chair**. Place the wipe in the rubbish bag provided, maintaining 2m distance from everyone. **Do not relocate the chair.** It has been positioned to keep you and others safer. You can bring your own chair if you wish and are advised to wipe that. It must go in the space allocated to you.
* Shouting and raised voices, project droplets and particles, so do not do it. Articulation in wind and brass can also raise risk, so do not focus on it.
* Wind and brass players can remove masks only when playing. They must keep **3m apart when playing and face forward**. They must **use a fabric bell end** over the end of their instrument. Full covers and masks with flaps are all welcome to be used. **Bring a cloth to catch any drops on the floor and a bag to take the cloth home in. Do not play at full volume.**
* Only one person to use the toilets at a time. Please observe the 2m separation there and back, and use good hygiene. Consider using a paper towel to turn off taps and open the door as you leave, and place it in the orchestra rubbish bag by the main entrance. Use the hand gel before returning to your seat.
* After 30 minutes playing, we will brake for 15 minutes and go outside. Continue to wear your mask and keep 2m apart. If it is raining, please follow the committee advice. We may have to consider stopping early if outdoor breaks have not been possible.
* If you need to go out to your car, or to leave for any reason, the exit door is by the door that leads to the toilets. This is a council requirement. **We have a one-way flow with separate entrance and exits.**
* If you have a question about music or anything, or if you **feel unwell,** **please raise your hand.** Consider how you will get home if you feel unwell. The committee may send everyone home to isolate pending the test result of the unwell person.
* When leaving, please **clean your chair again and put it away**.
* If you develop symptoms within 48 hours of the rehearsal you must arrange a test and tell a member of the committee immediately who will follow the NHS test and trace requirements.
* If you do not follow the rules, you will be asked to leave.