

St Giles Orchestra

Rehearsals in a time of Covid

This is a summary of the responsibilities of every member of the orchestra as explained in the risk assessment.

It is wonderful that we can make a start at meeting again as an orchestra although we must remain very aware of the risks. It should be self-evident that you must not attend a rehearsal if you should be self-isolating or if you have any symptoms of Covid 19 (a high temperature, a new continuous cough, a new loss or change to your sense of smell or taste). In addition to the most common symptoms, other symptoms such as runny nose, sore throat, headache, conjunctivitis and diarrhoea, can all be symptoms of Covid, so, quite simply, if you don't feel well, especially with any kind of respiratory illness, don't come to rehearsal, even if you've had a negative lateral flow test!

To keep everyone as safe as possible, if you are attending a rehearsal, please read and follow the procedures below.

Some windows will be open throughout the rehearsal.

Provide your own music stand. You will not be able to share a stand. We are not permitted to use any school equipment except chairs.

On arrival

The rehearsal start time is 7.30 pm, as usual. Please arrive so that you are ready to come in promptly at 7.30 pm.

Before entering the building put on a face covering and sanitise your hands. This will reduce risk of contamination of door handles etc.

Sign in, confirming that to the best of your knowledge you are not Covid-19 positive, and go straight to your seat.

Wind and brass should put a towel or similar on the floor by their seat to collect any drips from their instrument.

Avoid "mingling". Conversations should be limited and always from a distance of two metres.

During the rehearsal.

Face coverings can be removed while playing, but please be sensitive to those around you.

Don't share pencils or rubbers.

Avoid moving around if possible. If you do move, you must wear your face covering. During the break you may leave the room to go outside, but you must do so in an orderly fashion.

Break

Use hand sanitiser before and after using the cloakrooms to reduce the risk of contamination of door handles etc.

End of the evening

Brass and woodwind players must clean up any condensation drips on the floor.

Pack up and leave the building as soon as you can so that final checks and cleaning can be completed.

If, after attending a rehearsal you experience Covid 19 symptoms, inform Olwen in confidence. This information will then be shared with other attendees without sharing your name.

Throughout the evening – enjoy yourself!