

Guidance for EPMS rehearsal attendees

The following guidance has been drawn up following a lot of thought about how EPMS will work to keep everyone as safe as possible, especially our Musical Director and Accompanist, both of whom will be facing the choir during rehearsals.

General guidance

- Maintain 1m social distancing as far as possible at all times, and respect each others' space
- Wear a face mask throughout the rehearsal, except for when singing, (but see next two points below)
- You are strongly encouraged to wear a face mask even when singing, by using a face mask 'frame' behind your mask. A supply of these frames will be available (£1.50) but **please note that they need a pleated face mask**. There will be a demonstration of their use at the first rehearsal
- You may only sing without wearing a face mask if you have carried out a negative Lateral Flow Test on the day of the rehearsal
- The hall will be well ventilated during the rehearsal, with windows open as far as possible, so consider a warm jumper!
- Avoid touching shared surfaces as much as possible, and do not share music
- Bring your own sanitiser and a drink if you want one during the rehearsal
- There will only be a 5 minute or so break in the middle of the rehearsal, during which you should remain in your place other than for a comfort break.

Before rehearsal

Do not come to rehearsal if you have Covid-like symptoms / feel unwell; have tested positive (PCR or Lateral Flow Test); have been told to self isolate; had close contact with someone who has tested positive; are quarantining after a visit abroad.

Arriving at rehearsal

- Come into the Whitby School via the **first entrance on Sycamore Drive**, and then drive passed reception (which will not be open) and follow the drive around the building to the left, until you come to the back car park and entrance
- Maintain 1 metre social distance from people as far as possible while waiting to be admitted
- On rehearsal attendance:
 - On first attendance, as you come in through the outer door and into the corridor, please present your evidence of double vaccination or recent Lateral Flow Test to the 'steward' committee member, who will then tick you off on the register
 - For future rehearsal attendance, please register as you arrive and confirm at least verbally that you have carried out an LFT, and if not that you will wear a mask to sing
- Sanitise your hands and then move as directed down the corridor into the Hall via the stage entrance
- Collect your music from the stage area and then proceed to a seat in your voice section. There will be another 'steward' to point out the sectional seating arrangements; please follow their guidance.

During rehearsal

- Once seated do not move around, nor reposition your chair
- Keep your face mask on as far as possible (see general notes above)

At the end of rehearsal

- Leave the hall at the end of rehearsal via the back door, maintaining social distance.
- If you want to catch up with friends please do so outside the building in the fresh air!