



COVID-19 Returning to Playing Individual Responsibility Form

This form outlines what Rehearsal Orchestra expects of each individual player on return to playing during the ongoing COVID-19 pandemic.

Before attending a course

Vulnerable Individuals

Coronavirus (COVID-19) can make anyone seriously ill. But for some people, the risk is higher. There are two levels of higher risk:

High risk (clinically extremely vulnerable)

Moderate risk (clinically vulnerable)

For the latest information on who falls into each of these risk levels and advice on keeping safe, please refer to <https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/whos-at-higher-risk-from-coronavirus/>. The Orchestra is choosing not to exclude vulnerable individuals as we feel it is your individual choice whether or not to disclose this to us, and for you to decide the level of risk you wish to expose yourself to.

Spotting symptoms of COVID-19

Please do **not** attend if you:

- are showing symptoms of COVID-19:
 - a high temperature - *this means you feel hot to touch on your chest or back (you do not need to measure your temperature)*
 - a new, continuous cough - *this means coughing a lot for more than an hour, or three or more coughing episodes in twenty four hours (if you usually have a cough, it may be worse than usual)*
 - a loss or change to your sense of smell or taste - *this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal*
- are from a household with individuals who are displaying symptoms of COVID-19;
- have been requested to self-isolate by NHS Track & Trace;
- have returned from abroad and are currently meant to be quarantining according to Government guidance - please see <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>.

Keeping warm

Please be aware that we will be meeting at a time when the weather is turning autumnal, if not wintery. We will keep doors open as much as possible, internally during the rehearsal sessions, and externally during the breaks. We suggest bringing warm clothing that can be layered.

Travelling

How you travel to the course is your choice and will be affected by factors such as cost, how far you have to travel, your access to a car, your ability to walk/cycle etc. To reduce the risk of exposure to COVID-19, please follow guidelines regarding maintaining one metre-plus social distancing (including whilst walking) when travelling by public transport.

Arriving

The doors will be opened no more than **half an hour** before the start of the first rehearsal. If you arrive before the doors are opened, please form a socially-distanced queue in the courtyard. To comply with the current 'Rule of Six', we would request that chatting is restricted whilst queuing.

Entry

There will be a one-way system in place for accessing the building, with entrance through the side door from the courtyard. The door will be held open so that you do not need to touch the door or door handle.

Upon entry, we will register that you have attended (please see the later section on NHS Track & Trace). We recommend that you use the hand sanitiser that will be available just inside the door and you may, optionally, take a disposable face mask to wear during the rehearsal, if you choose. You will be directed to your seat. Please take all your belongings to your allocated seat, maintaining social distancing (and, optionally, wear a face covering) whilst walking there.

Music stands will be provided; both the stands and the handles of the chairs will be sanitised before our arrival. Music stands and chairs will be set in position by someone wearing gloves. Sanitising wipes will be available should you wish to use them before playing. You are welcome to bring your own music stand if you prefer.

During rehearsals

We request that all your personal belongings are kept in the space around your chair (with the exception of large instrument cases, which should be left at the far side of the hall, at least two metres from others), and that you do not leave that space other than to use the toilet or to exit the building.

If you need to cough or sneeze during rehearsals, you are reminded that you should do so into the crook of your arm, and to use disposable tissues.

Breaks

During breaks, we ask that you either remain seated or stay in the space between your chair and music stand, or leave the room. Again, to comply with the current 'Rule of Six', we would request that chatting is restricted during breaks.

We will not provide refreshments, so please bring your own and place any rubbish in the bins provided.

If you wish to use the toilet, please maintain social distancing (and, optionally, wear a face covering) whilst walking to the toilet, and use the hand sanitiser provided at the entrance. Ideally, there should only be one person at a time using each set of toilet facilities. At The Warehouse, there are gents' toilets and ladies' toilets at the far right end of the hall, and a further three single toilets at the other end of the hall, reached from the stairs in the foyer.



At the end of the day

The day will end with an informal play-through, as usual, but we are not able to issue our customary invitation to your friends and relatives to attend.

At the end of the day, please take all your personal belongings with you.

Please use an antibacterial wipe to wipe your music stand and the handles on your chair before leaving.

To leave the building, **at lunchtime and at the end of the day**, please observe social distancing (and, optionally, wear a face covering) and exit via the main doors in the foyer. Please do not congregate outside the venue in groups larger than six people.

Should you fall ill outside of rehearsals

If you experience COVID-19 symptoms after the course, we request that you take a free NHS test to check if you have coronavirus. <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus>.

If you test positive for COVID-19, please contact Rehearsal Orchestra by email - admin@rehearsal-orchestra.org - or by calling our answerphone on 07483 924338. Your results will be treated confidentially within the organisation, however, we will contact NHS Track & Trace using your supplied contact details to let them know. We will also inform attendees that a player has tested positive.

Acknowledgment

When you have read the complete Individual Responsibility Form, please sign and date in the spaces below to acknowledge that you have read, understood, and agree to comply with the requests detailed to the best of your ability.

Please return your signed form by email to admin@rehearsal-orchestra.org or bring along on the course day.

Your contact details

If your email address or mobile phone number have changed recently, please write them below. By entering these details, you agree that we may supply them to NHS Track & Trace, if required.

Email address _____

Mobile phone _____

Risk Assessment

A copy of the full Risk Assessment is available on our website.