**JMCO Protocol for Covid-safe Rehearsals at Barrow Village Hall, Chester**

**Attendees, before attending rehearsals, should:**

• Not attend if they have any symptoms of Covid-19, are self-isolating or required to quarantine.

**At a rehearsal, you should:**

• Follow any instructions issued by the Committee or their representative.

• Socially distance (at least 1m) from other attendees at all times. This includes on arrival, during break, using bathroom facilities or whilst leaving.

• Preferably wear a face covering whilst moving around the building. This may be removed, if wished, for playing.

• Bring your own stand (no sharing) and keep instrument cases around own chair if possible, whilst ensuring there is sufficient space for other members to get past.

• Keep windows used for ventilation open (side windows during playing, all windows before/after/break).

• Bring means of disposing of condensation if you are a wind or brass player e.g. towel & plastic bag, sealed plastic container. Clear up any condensation that goes on the floor.

**After a rehearsal, you should:**

• Inform a committee member if you develop Covid-19 symptoms.

**Also you should:**

• Avoid passing sheet music between players.

• Travel to rehearsals in a safe way.

• Be aware that ventilation will be increased at all times and that warm clothes may be needed

• Consider bringing your own hand sanitiser.

• Bring your own refreshments.

**You are encouraged to:**

• Take regular lateral flow tests to detect Covid-19 infections.

• Be double-vaccinated against Covid-19 and get a booster when able to