

It is time to start in-person choir sessions. We would like to see you all, however because of COVID 19, we need to have new rules.

It is important to realise that nothing can reduce risk to zero. **Attendance is on condition of keeping to the measures below.**
Please discuss your attendance with a medical professional and/or those close to you if in doubt.

**We do ask that all members wishing to attend rehearsals will have been double-vaccinated.
Please take a Covid Lateral Flow test before attending (obviously with a negative result).**

Those who are double-vaccinated no longer have to self-isolate if identified as close contacts by NHS Test and Trace.
But if contacted, it is still necessary to be tested and to self-isolate afterwards if a positive result is given.

You must not attend an in-person rehearsal if any of the following apply:

You have had a positive Covid test or have any of the symptoms: elevated temperature, continuous cough, loss of taste or smell.

You have been in close contact with someone with symptoms.

You have been told that you should self-isolate.

If any of the above apply to you *after* you have attended a rehearsal please contact Bryan without delay. bryan@tonicchoir.co.uk

Nothing should be shared with other singers so you will need to bring with you:

BRING

A face covering.

YOUR

Hand sanitiser (we will provide this and they will also be available in the toilet facilities).

Please sanitise your hands on arrival and departure, and, if possible, wipe down any hard surfaces you touch.

OWN

Your own refreshments (i.e. water)

Your own music and pencils etc. Please do not share with others or look over someone's shoulder to read music.

When attending rehearsals in person try to maintain a reasonable distance at all times including on arrival and when leaving as well as when singing. Do not move chairs from pre-arranged positions. Please only attend your one scheduled rehearsal per week.

Please follow any one-way routes which may be in place when entering/leaving or moving around the building.

Unless exempt, you must wear a face covering inside the building. Face coverings when singing will not be compulsory, but may be worn.

We will keep an attendance register each week, and may photograph rehearsals to document seating positions.

Singing is a high-risk activity for the spread of infections. Each of you needs to decide whether this is the right time to come back to choir.
Currently 14 in 1,000 people have the infection and 2 in 1,000 people who are vaccinated will still catch the infection.
Vaccinated people can still spread the infection—a large number of vaccinated people who get infected have no symptoms.
Underlying medical conditions are still the greatest predictor of serious illness.