

PLAYER DOCUMENT - OUTSIDE REHEARSALS – DOWNTON BREWERY MAY 2021

Following recent changes to government guidance, it is now possible for the band to resume some activities again from 17th May with further relaxations coming on 21st June. Initially we are planning larger outdoor rehearsals before possibly returning to our bandhall in June.

With these changes in place, the committee believe that attending rehearsal will be at least as safe as many other activities, such as going to the gym or the pub. Having said that, no activity is fully without risk, and we would urge members to consider their own health risks as well as those of people they live with or care for when deciding whether to return.

Returning to rehearsal is completely voluntary at this point.

The main risk is of bringing the virus into the band and transmission between players. In order to reduce this risk we have put the following in place:

- If you, or a member of your household, has had symptoms of Covid-19 (high temperature OR new and persistent cough OR change/loss of taste or smell) in the previous two weeks, however mild, you must self-isolate as per current guidelines and not attend rehearsal. We will be asking this question regularly.
- Please consider signing up for free NHS Lateral Flow Tests and test yourself regularly although this is not compulsory.
- If you have been told to self-isolate by NHS Test and Trace, please do so! You must not attend rehearsal if you have been told to self-isolate.
- Current advice remains that car sharing outside of households or support bubbles should be avoided.
- Please stick to 2m social distancing.
- Bell covers (to be supplied) to be fitted to instruments.
- Clean your hands regularly – please bring your own hand sanitiser.
- We'll be sending out music electronically before rehearsals for you to print and bring with you. You'll also need to bring your own stand. Please get yourself a folder to store your music – plastic files also useful for wet weather.
- If dry we rehearse at Downton Brewery, if wet underneath the canopy at DHAP.
- If you experience symptoms suggestive of Covid-19 within 48 hours of attending rehearsal, please let Aleks know. With your consent, he will notify other attendees. This will be done anonymously. You will also need to self-isolate, and contact 111 to arrange testing (<https://111.nhs.uk/covid-19/>).
- Zoom will still be running for those that wish to not attend in person.

Once again, please remember that returning to rehearsal is completely voluntary. If you have any questions or concerns, feel free to contact any committee member.