

The Philharmonic Choir of Manchester
Guidance for members on Covid safe rehearsals

All members of the Choir will receive the Choir's risk assessment based on Making Music Guidelines.

This is a summary of what you will have to do to ensure that rehearsals are as safe as possible:

Before rehearsals

1. Do **not** attend if you have:
 - Covid-19 symptoms
 - tested positive
 - been told to self-isolate
 - been in close contact with someone who has tested positive
 - been told to quarantine after being abroad.
2. Take a **lateral flow test** no earlier than 48 hours before the rehearsal and preferably on the same day. These tests are free and can be ordered from the Government website (Gov.uk) or obtained from many pharmacies.
3. Bring your own music and refreshments.
4. Provide your contact details for the register at each rehearsal.
5. Bring warm clothing because we will keep the doors to the church open.

During rehearsals

6. Wear a face covering at all times except when actually singing.
7. Clean the chair you are using before and after rehearsals.
8. Stay at least 1 metre apart.
9. Sit side by side rather than behind others, as far as possible.
10. Clean door handles, etc. before and after using them.
11. Do not use the church's kitchen.
12. Use the hand-sanitizer and wipes, which will be provided.

After rehearsals

13. Tell us immediately if you become ill with Covid-19 afterwards.
14. Tell us if you wish to add or change anything in the risk assessment and this guidance because we are keeping it under review.

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