CLEETHORPES BAND CIO

Guidelines for attending Training Band rehearsals

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| Training Band Rehearsals will start at 6pm. Please arrive in good time to avoid disruption and potential contact with others already seated.  Please do not congregate around the entrance or in the hallway on your way in   * Face coverings are no longer mandatory anywhere in the bandroom but members are free to continue wearing them if they so wish when they are not playing. * If several members arrive at the same time, please wait outside whilst each member signs in.   Before and after rehearsal, please avoid gathering in groups of more than 6 for a chat in the bandroom and be careful not to block others’ access to the doorway.  You MUST sign a register upon arrival and by doing so you will be declaring that neither you nor anyone in your household  - has/has had COVID-19 symptoms in the last 10 days, unless you have tested and received a negative result  - has tested positive in the last 10 days unless you have a negative test result after at least 5 days from developing symptoms or testing positive  And provide contact details with consent to your details being held and used for any Track and Trace purposes as defined by the Government.  If you become unwell during rehearsal, you should leave the rehearsal immediately and wait outdoors for transport or make your own way home and seek medical advice and/or a test for COVID-19.  All attendees must inform the Chair if they develop COVID-19 symptoms/test positive within 7 days of attending a rehearsal/concert.  Upon arrival at the bandroom   * Please use the hand sanitiser provided and ensure thorough hand washing/use of hand sanitiser when touching surfaces (e.g. toilets, sinks, door handles etc). * once you have signed in, unpack your instrument etc. then go straight to your seat and remain there unless you need to access the toilets. * you will be responsible for your own music so please bring this to every rehearsal together with mutes,mute stands, sticks and mallets etc. PLEASE DO NOT SHARE MUSIC AND/OR EQUIPMENT WHEREVER POSSIBLE. * you must also bring a towel (or similar) in a plastic bag. During rehearsal you must only empty your water keys onto this and after rehearsal, pack it up in the plastic bag and take it home to be laundered.   If you need to, please cough into the crooks of your elbows and use tissues when sneezing, disposing of them safely, washing your hands or using hand sanitiser afterwards . Please consider bringing your own hand sanitiser with you to use in the rehearsal room  If you have weakened immune systems, health risks or are caring for those at increased risk, please inform the Chair who will investigate the possibility of increased space around you although you need to be aware this may not be possible.  Any non players who necessarily accompany family members at rehearsals must also follow the relevant guidelines above and remain seated and quiet during rehearsal. Space is limited so please ensure you seek permission for any non players to accompany you and that numbers are kept to an absolute minimum    PLEASE REMEMBER THAT ATTENDANCE IS VOLUNTARY AND PLAYERS DO SO AT THEIR OWN RISK |