

Player Protocol for Covid-safe AESO rehearsals

This protocol applies to weekly AESO rehearsals in the Scout Hut in Alderley Edge. It will be kept under constant review and updated in the light of experience and government advice. It has been prepared after extensive review of the guidance provided by the government, the NHS and Making Music organisation.

The protocol is aligned with that of the Scout Hut – we are in regular touch with the management there.

Social distancing means that the hut can accommodate a maximum of 28 players. We will provide a seating plan.

The seats will be set out in advance of Thursday's rehearsal. The setter uppers will use disposable gloves. Name labels will be put on the seats, again using gloves. Players will be asked to bring their own spray or sanitised wipes for wiping down any hard surfaces which they may make contact with, and for wiping down their chairs at the end of the rehearsal. Only the hard plastic chairs will be used, so if you need to bring your own cushion, please do so. Alternatively, you may wish to cover your seat in a large towel.

Please can each player bring their own music stand.

Please can wind players bring a towel to put on the floor to catch any drips. This should be placed in a plastic bag at the end of the rehearsal and taken away. Instrument bell covers will be provided by the orchestra.

Rehearsals will start at 8pm. They will run for 1 hour, without a break. We would encourage people to stay in the main hall at all times. The kitchens will not be used. If the toilets need to be used, we suggest you use your own sanitised wipes to clean any surfaces.

The hut will be well-ventilated as this is known to decrease transmission of the virus. Bring warm clothes!

Your responsibilities

Let us know of your intention to attend the rehearsal. Please also let us know that you have read the protocol and agree to abide by it.

Members must NOT attend rehearsals if they feel at all unwell NOR if they have:

- 1) Elevated temperature, cough, loss of sense of smell or taste (Other common symptoms of Covid-19 are sore throat, shortness of breath, tummy upsets, headaches and severe fatigue – if in doubt, don't come!)
- 2) They have been in close contact with anyone else with symptoms
- 3) NHS have asked them to self-isolate
- 4) They have returned from abroad and have been asked to self-isolate

Please arrive at the hut wearing your mask. We would encourage string and percussion players to wear their masks at all times. Wind players can take them off while playing but then must put them on again as soon as they stop (or have many bars rest!)

On arrival at the hut, check in using the QR code if you have the NHS App. Please go straight to your seat. Please stagger your arrivals, maintaining 2m distance as you enter the building. A small supply of disposable masks, gloves and sanitising products will be available in case members forget to bring them.

Please store your instrument case below your seat where possible. Cellists please space your cases round the edge of the room.

Please can percussion players be responsible for getting out any instruments they need and storing them away at the end. They may wish to wear gloves to do this. They should not share sticks etc during the rehearsal.

While in the hut:

- 1) Observe social distancing at all times – before, during and after the rehearsal
- 2) No hugging, hand-shaking or lingering to chat.
- 3) Avoid touching shared surfaces as much as possible.
- 4) Sanitise hands frequently, particularly after bathroom visit
- 5) Avoid talking loudly. Wind players should not play above mezzo forte.

At the end of the rehearsal leave your music on your seat, pack away your instrument, wipe down your chair and depart as quickly as possible while maintaining social distancing.

If anyone feels ill during a rehearsal, they should inform Helen or Peter and leave immediately. The rehearsal will end at that point. The individual must arrange a test for Covid and email Peter or Helen with the result.

Details of attendees and seating plans will be kept for 21 days in case required by Test and Trace, but provided people stick to the 2m rule and wear a mask there should not be any need to self-isolate.

Personal Risk

This protocol is designed to minimise the risks of catching Covid -19 during an orchestra rehearsal. However, we cannot guarantee to reduce the risk to zero. Individuals must decide on what level of risk is acceptable to them and follow their own common sense on this. The orchestra is not putting pressure on any member to attend a rehearsal if they do not feel comfortable.

We will send an email to each attendee after each rehearsal asking for your feedback. Procedures can be modified from week to week if necessary.

Total Lockdown – circuit break

If there is a country-wide lockdown, we will suspend rehearsals for the duration of that period.