

Sudbury Symphony Orchestra

Procedures for COVID-Secure Rehearsals as of 30 November 2020

Before you arrive

Don't come if you have corona virus symptoms such as , fever, new and persistent cough, loss or change in sense of smell.

We will keep the doors open during the rehearsals to increase the ventilation in St Peter's so the temperature inside may be cooler than we would like. Please therefore wear your winter woollies.

Rehearsals will consist of two sessions, each of approximately 35 minutes with a 15 minute break in between. The maximum number of players at any rehearsal is 45 excluding the conductor.

Put on your face covering **before** entering St Peter's. If you are unable to wear a face covering for any length of time then you must contact the committee (Hilary Spivey on 07802 793768) before coming to a rehearsal to discuss whether it is appropriate for you to come to a rehearsal. Face coverings can be masks or shields.

Arrival

Both the main door and the north doors will be open, please use either one and make sure you maintain social distancing at all times.

When you enter please scan the NHS track and trace QR code on the poster or complete the track and trace log on the table as you enter and then sanitise your hands with the sanitisers provided or your own if you have some with you.

Your chair will have been set out as per the orchestra layout you have been sent. Please go straight to your seat and use the space around it for all your personal and music bits and pieces. No tables will be set out for instruments as there is not enough space. Cello cases can be put in the chancel area, i.e. just in front of the altar.

During the rehearsal

Face coverings **MUST** be worn at all times during rehearsals, the only exceptions being:

- (i) wind players but **only** when they are playing
- (ii) players who are unable to wear face coverings for any length of time due to illness or a medical condition or who find it too distressing. This exemption **only** applies when players are seated as face coverings **must** be worn at all times when standing. These players are asked to wear a face covering for as long as is possible when seated during the rehearsal. In these circumstances the player **must** ensure that they are at least 2m from any other player when not wearing a face covering. In addition the player **must** notify the committee if they believe this exemption does or will apply to them.
- (iii) the conductor when conducting and when he is using a microphone so he can speak quietly to us

Social distancing should be observed at all times. This includes when you come in, when you set up, when you put your chair away and when you leave. Both the main door and the north door will be open at the start of the rehearsal, during the break and at the end – please use both doors to ensure social distancing.

No refreshments will be served during the rehearsal, please either bring your own or buy from the Prado Lounge. Bathroom facilities are available at Prado Lounge and in the Gaol Lane toilets which will be opened up during the break for you.

Strings – no sharing of music stands.

At the end of the rehearsal

Before you leave: please return your chair to the chair store and then sanitise your hands again.

Social distancing

Social distancing is 2m. Where for music playing requirements you need to be closer than 2m then this distance can be reduced to a minimum of 1m where you are seated (or standing while playing your double bass) in order to play, and you are wearing a face covering and you are not face to face with anyone.

Other

If you are at high or moderate risk that corona virus will be a serious illness for you (see Appendix 1) then you need to understand that while the SSO will endeavour to reduce the risk of catching corona virus at its rehearsals it cannot reduce this risk to zero. Attendance is voluntary and is always your own decision.

Hand sanitisers are everywhere in St Peter's, please use them as you enter, regularly during the evening rehearsal and before you leave.

For everyone – preparing for COVID Secure rehearsals

1. Committee: Check local infection rates

Check government guidance on local lockdowns ([Government guidance on local lockdowns](#)) and [check Coronavirus cases data regularly](#)

If there are local restrictions or a local surge in cases, cancel rehearsals for that week and communicate with: members, MD, volunteers, and venue. Decision should be by whole committee.

2. Committee: Confirm who is at high or moderate risk in the SSO from COVID-19

Ask members attending rehearsals to confirm whether they are in the high or moderate risk categories (See Appendix 1). Advise high risk members not to attend and advise both high and moderate risk members that the SSO cannot reduce the risk of corona virus to zero.

Review definition of high and moderate risk categories each six weeks.

3. Committee: Ensure infectious individuals do not attend rehearsals

Remind people that if they have the symptoms of corona virus they should self isolate for 14 days and not attend rehearsals unless they have been tested and received the all clear. Corona virus symptoms per the NHS are:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

Ensure notice up at the rehearsal venue with this reminder for people as they enter.

4. Everyone: Ensure people do not become complacent and then fail to comply with COVID secure measures

Reminder at start of each rehearsal of the need for continuing vigilance and the risk that non-compliance poses to other orchestra members. All committee members to remind people who find it difficult to comply.

5. Everyone: Ensure you have read the SSO procedures on Covid Secure rehearsals

6. Committee: Ensure enough hand sanitising units around and remind people to use them regularly during the rehearsal.

7. Other items

Committee: Provide Matt with microphone in case difficult for everyone to hear as so spread out. Sheet music from the library to be quarantined for 72 hours before distribution.

Appendix 1 - Who's at higher risk from coronavirus as of 30 Nov 2020

This is a copy of the information set out on <https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/whos-at-higher-risk-from-coronavirus/%20>.

Coronavirus (COVID-19) can make anyone seriously ill. But for some people, the risk is higher.

There are 2 levels of higher risk:

- high risk (clinically extremely vulnerable)
- moderate risk (clinically vulnerable)

Important: The lists below may not include everyone who's at higher risk from coronavirus and may change as we learn more about the virus.

People at high risk (clinically extremely vulnerable)

This includes people who:

- have had an organ transplant
- are having chemotherapy or antibody treatment for cancer, including immunotherapy
- are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- have had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- have been told by a doctor you have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- have a condition that means you have a very high risk of getting infections (such as SCID or sickle cell)
- are taking medicine that makes you much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)
- have a serious heart condition and are pregnant
- have a problem with your spleen or your spleen has been removed (splenectomy)
- are an adult with Down's syndrome
- are an adult who is having dialysis or has severe (stage 5) long-term kidney disease
- have been classed as clinically extremely vulnerable, based on clinical judgement and an assessment of your needs

People at moderate risk (clinically vulnerable)

This includes people who:

- are 70 or older
- have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
- have heart disease (such as heart failure)
- have diabetes
- have chronic kidney disease
- have liver disease (such as hepatitis)
- have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- have a condition that means they have a high risk of getting infections
- are taking medicine that can affect the immune system (such as low doses of steroids)
- are very obese (a BMI of 40 or above)
- are pregnant – see advice about pregnancy and coronavirus