

**Sudbury Symphony Orchestra**  
**Procedures for COVID-Secure Rehearsals as of 12 May 2021**

**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 current orchestra layout. 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. 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 1m when you are wearing a face covering and not facing another person, in all other circumstances it is 2m.

**Other**

If you are at high 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 available throughout St Peter's, please use them as you enter, regularly during the evening rehearsal and before you leave.

## Appendix 1 - Who's at higher risk from coronavirus as of 12 May 2021

This is a copy of the information set out on <https://www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/who-is-at-high-risk-from-coronavirus-clinically-extremely-vulnerable/>.

People most at risk of getting seriously ill are known as clinically extremely vulnerable.

### People at high risk (clinically extremely vulnerable)

You're considered clinically extremely vulnerable if:

- your doctor or GP has classed you as clinically extremely vulnerable because they think you're at high risk of getting seriously ill
- you've been identified as possibly being at high risk through the COVID-19 Population Risk Assessment
- you've had an organ transplant
- you're having chemotherapy or antibody treatment for cancer, including immunotherapy
- you're having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- you're having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- you have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- you've had a bone marrow or stem cell transplant in the past 6 months, or are still taking immunosuppressant medicine
- you've been told by a doctor you have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- you have a condition that means you have a very high risk of getting infections (such as SCID or sickle cell)
- you're taking medicine that makes you much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)
- you have a serious heart condition and are pregnant
- you have a problem with your spleen or your spleen has been removed (splenectomy)
- you're an adult with Down's syndrome
- you're an adult who is having dialysis or has severe (stage 5) long-term kidney disease