

COVID-19 secure rehearsal guidance* for bands

If you have symptoms you **must not** attend rehearsal. If you become ill at a rehearsal, leave the room and let the band know if you subsequently have symptoms. In all cases, seek medical advice and follow test and trace advice. Remember, rehearsals are not compulsory – if you're not happy with the risks, please wait!

Set-up/arrival

- Arrive in a COVID secure way maintaining 2m social distancing. Sharing lifts to rehearsals (other than with your own household) should be avoided.
- Confirm participants have no symptoms.
- Record attendance for test and trace (retain for 28 days).
- Wear face coverings at all times when not playing (if indoors).
- If possible, leave cases etc. outside the venue and ask members to bring their own instruments, music, bell covers (if inside), hand sanitiser, water cloth, waterproof bag and stand.
- Ask members to sanitise hands on arrival.
- A nominated individual should set out the rehearsal formation maintaining 2m spacing and positioning players side-to-side or in staggered rows to avoid pointing directly at others.
- Operate one-out, one-in system in toilets.



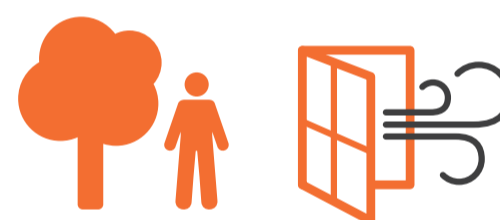
Confirm no symptoms and record attendance



Wear a face mask when not playing

Rehearsal

- Rehearse outside if possible.
- Maintain 2m spacing.
- Hold a cloth over water keys to catch water droplets when emptying.
- Use bell covers on instruments (if indoors) wherever possible.
- Wear face coverings at all times when not playing (if indoors).
- Don't hand out new music during rehearsal – this should be done in advance or digitally.
- If playing indoors, increase ventilation as much as possible by opening doors and windows.
- Limit exposure by reducing playing times or ensuring there is a break to ventilate the room.
- In breaks, limit social interaction and don't use communal items like cups and plates – refreshments should not be served.
- Don't share equipment (e.g. stands, percussion sticks etc.)
- Conductors should wear a face mask (or face shield).



Rehearse outside or increase ventilation as much as possible



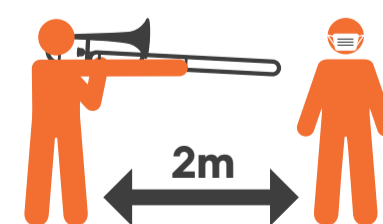
Conductors should wear a face mask



Reduce playing times to limit exposure

Pack-up/departure

- Waiting parents must maintain 2m social distancing.
- Members should pack up their own equipment/music to take home including bell covers and cloth (after placing into waterproof bags).
- Chairs should be packed away by a nominated individual after cleaning.
- Ensure face masks are worn and leave maintaining social distancing.
- Wash and clean bell covers and water cloths after rehearsal.



Maintain social distancing (think from in 7th position!)