



BROMLEY PHILHARMONIC CHOIR

COVID-19 GUIDANCE FOR MEMBERS – Revised September 23rd

- 1) Please consider the use of lateral flow tests (current NHS guidance is every 3 or 4 days), particularly on rehearsal day.
- 2) Please take up the vaccine when offered (remember both doses are needed for full protection).
- 3) If someone becomes unwell with COVID-like symptoms at a rehearsal, they should go home and follow the NHS procedures. Anyone who has had close contact should also go home and follow the NHS procedures.
- 4) The person with symptoms should inform the Chairman or Secretary and close contacts of test results and, if positive, wider attendees and the venue will be advised.
- 5) Regular hand washing / sanitising is encouraged. Hand sanitiser will be provided at rehearsals. Please sanitise your hands on arrival at the entry point.
- 6) Members bring their own music where possible.
- 7) All members' rubbish should be taken home for disposal by the member.
- 8) Please keep 1m / 2m social distancing at all times.
- 9) Be respectful of each other's space.
- 10) Individuals may request a greater distance for themselves - please contact Jeremy or Adrian.
- 11) We will keep doors and windows open for as long as possible - consider bringing warm clothing in colder weather.
- 12) Please follow any protocols the venue has in place.
- 13) Please sign in to our registers as usual and bring your own pen.
- 14) Avoid touching shared surfaces as much as possible.
- 15) If you wish, bring your own refreshments for the interval, but this will be shorter than before.

Remember:

Do not come to rehearsal if:

- you have symptoms / feel unwell
- you have tested positive (PCR or Lateral flow)
- you have been told to self isolate
- someone you have close contact with has tested positive
- you are quarantining after a visit abroad.