

## Fulham Symphony Orchestra

# Covid protocol for rehearsals

## Spring 2022

This term we are facing the impact of the more contagious Omicron variant of COVID-19 and as a result we continue to publish our expected behaviours for those attending rehearsals. We expect everyone to follow this protocol to help protect themselves and others.

All attendees, please:

- **don't attend a rehearsal if you have any of these common COVID-19 symptoms or any other symptoms that may indicate a contagious condition:** sneezing, headache, runny nose, sore throat, high temperature, new, continuous cough, or a loss of, or change to, your sense of taste or smell
- take a rapid lateral flow test before the rehearsal wherever possible and do not attend unless your result is negative
- wear suitable clothing, as the venue may be cold due to extra ventilation
- wear a face covering when moving around the building
- bring hand sanitizer
- bring a music stand, as we will not have access to the orchestra's stands
- arrive in good time to avoid crowding at the entrance
- maintain social distancing when moving around the building
- avoid mingling with other people indoors (there is an outdoor courtyard opening from the rehearsal hall)
- avoid talking loudly
- don't swap instruments, mouthpieces, rosin or anything else
- if you're a wind or brass player, bring a towel in a plastic bag or a sealable box to collect spit

The Committee will:

- ensure that the venue is sufficiently ventilated by opening external doors and windows

where appropriate

- arrange for seating to be laid out as far apart as possible given the space available

The Conductor will:

- use an amplifier to avoid shouting