

We are incredibly excited to welcome you back to rehearsals! We have certainly missed you!

As we return to meeting up again in person, there are measures we have had to put in place to keep everybody safe.

COVID MEASURES:

Please **do not** come to rehearsal if you are unwell: if you, or anyone in your household has a high temperature, a persistent cough or a loss of taste/smell follow the government guidance for self-isolating.

REHEARSALS:

- When arriving at rehearsal, please wait in your vehicle until a committee member shows you inside.
- Parents/Carers should remain in their vehicles. There will be no waiting area in the building.
- A committee member will let you into the venue.
- Please wear a mask when entering/exiting and moving around the building. Masks can come off once instructed by a committee member.
- Please use hand sanitiser when entering the building. Hand sanitiser stations are located at the entrance and around the venue.
- Only one member may use the toilets at any given time.
- When arriving, you will be shown to your allocated area. This will include any materials and a seat.
- You will be shown out of the venue at the end of rehearsal.
- You should keep personal belongings with you in your allocated area. Please wipe your chair down with the sanitising wipes provided by the committee at the end of the rehearsal.
- Social distancing will be in place during rehearsal, during breaks and when moving around the venue with members required to keep a 2 metre distance from each other.

What have we done?

- We will provide hand sanitiser throughout the building.
- We will, working with the venue, ensure surfaces are clean and touchpoints are identified and cleaned regularly.
- We will monitor rehearsals and use smaller groups, with different rehearsal times where required to avoid mixing, and allow time for cleaning between different groups.
- We will collect members from their vehicles to avoid the number of people moving through the venue at any one given time.

What we ask of you

- If you are feeling unwell please **do not attend rehearsal**.
- Mingling should be kept to a minimum.
- Social distancing must take place at all times, even if you are not required to do this in other venues (i.e. school, sports groups) you must keep 2 metres apart from **all** members during rehearsals.
- Face coverings should be worn when moving around the building, to/from the toilets and when instructed by a committee member.
- You will not be allowed inside the venue until 5 minutes before the rehearsal start time **at the earliest**. Please do not arrive any more than 5 minutes early/late.
- Please wash your hands frequently and for a minimum of 20 seconds.

LATERAL FLOW TESTING

- To help us maintain a robust Covid secure environment, we are strongly recommending that

members complete twice weekly lateral flow Covid-19 tests. We would ask that if you or anyone in your household tests positive:

1. You inform us immediately of your result
2. Everyone in the household must self-isolate immediately
3. The person who tests positive must get a PCR test to confirm the result (a PCR test is a different type of COVID-19 test).

How rapid lateral flow tests work:

Around 1 in 3 people with COVID-19 do not have symptoms. Rapid lateral flow tests help to find cases in people who may have no symptoms but are still infectious and can give the virus to others.

The test usually involves taking a sample from your tonsils (or where they would have been) and from your nose, using a swab. You can get a result in 30mins.

You can order free packs of testing kits via this link: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Vaccination

- We encourage all members to take up the coronavirus vaccine, where eligible. If you do receive a vaccine, please let a member of the committee know.

Risk assessment

You can find our Covid-19 Risk Assessment at: <http://attleboroughplayers.co.uk/covid19>

If required to self-isolate

- In order to support all members, if you, somebody in your household, or somebody you have been in close contact with has been asked to self-isolate within ten days of a rehearsal please let the committee know by calling Sharon Coppin immediately on 07766064007.

As restrictions ease

- As the country emerges from restrictions, please be aware that there may still be some restrictions kept in place at rehearsals over the summer, and beyond.
- Although some restrictions may cease to be law, the committee has the right to keep restrictions in place during rehearsals that they feel necessary for the safety of all members.

If you would like us to clarify any of this further, please speak to a member of the committee who will be able to help.

We can't wait to see you back!

The Attleborough Players Committee