

Raised Voices protocol for attending face to face choir rehearsals

Location: Doreen Bazell Hall, 1 Goldington Street London NW1 1UG

Date and time: Thursdays 7.30-9.30pm

Singing: 7.30-9pm

Post rehearsal meeting 9-9.30pm

These guidelines are dated 18th October 2021 and will be updated in the light of the emerging evidence.

Requirements for attending choir

1. You must be double vaccinated to attend in person meetings (or medically exempt).
2. You must have had a negative lateral flow test within 24 hours of the choir rehearsal.
3. As well as a negative lateral flow test you should not attend if you have newly developed any of the symptoms typical of COVID amongst those who are double vaccinated. The list can be found on the [Zoe COVID app](#) – here are the current top 5 symptoms, in order:
 - 1) Headache
 - 2) Runny nose
 - 3) Sneezing
 - 4) Sore throat
 - 5) Loss of smell
4. However, if any of these symptoms are normal for you and you feel otherwise well then it is up to you to decide if you are well enough to attend. For example you have a lot of allergies and often get a runny nose, or have regular headaches due to migraine.
5. If you have co-morbidities, such as diabetes, or were immune-compromised at the time you had your vaccinations, for example because you were being treated for cancer, then you are at higher risk of contracting COVID-19. It is up to you to decide if you want to attend.
6. If you develop symptoms after attending choir then you should do another lateral flow test. If it is positive immediately let everyone know on the RV email list and book a PCR test which you can do at <https://www.gov.uk/get-coronavirus-test> or by attending a drop-in centre if there is one near you.
7. If you were at a choir rehearsal with someone with someone who then has a positive lateral flow test, you should also take a lateral flow test and if it is positive follow the procedure set out in 6. above.

Procedure to minimise risks in the hall

8. Please wash your hands on arrival if you have travelled by public transport. Hand gel will be available at the door for those who wish to use it.

9. The front door, the door to the hall and the back door will be kept open to allow a flow through of air (which means people will need to dress up warmly to sing, as if we were going to sing outside).
10. Chairs will be set out with at least 1m between them.
11. For singing, chairs should be set out in two rows in a crescent shape to maintain social distancing while allowing people to hear each other.
12. For the meeting we will rearrange the chairs so everyone can see one another, while maintaining 1m distance.
13. Spaces nearest the open door are reserved for those at highest risk (older and/or for example people who have asthma).

Mask policy

14. You are not required to wear masks while singing, or speaking during the post-rehearsal meeting.
15. When not singing or speaking, masks should be worn.