

Keeping Everyone Safe

Singing with Mouthful – update Jan 2022

The global Covid-19 pandemic is still very much a part of our lives, and we must continue to look after ourselves and each other to avoid the spread of the virus and reduce the impact it can have on our day-to-day lives. Restrictions in England have eased significantly, but we must still work together to minimise risk.

If you have any questions or concerns about our Covid-19 response and regulations, please do not hesitate to contact us on info@mouthfulway.co.uk.

Precautions

- Testing: Everyone attending a workshop / rehearsal is strongly encouraged to be in receipt of a negative [Lateral Flow Test](#) (LFT) before doing so. You need not test more than twice weekly (taking the tests 3 days apart), but please continue to test whatever your vaccination status. We ask that you take an LFT as close as you can to the start of the rehearsal you're attending and certainly within 24hrs. You [can order LFT tests online](#) or from a local pharmacy;
- Ventilation: we will aim to keep our workshop / rehearsal rooms well-ventilated throughout and after the time we are using them, which might mean dressing more warmly than you otherwise might - we hope to sing outdoors wherever possible;
- Face coverings: please continue wearing a face covering in busy or crowded areas such as corridors and communal spaces. You may also choose to wear a face covering whilst singing, that is your personal choice, and we ask everyone to respect the choices of others;
- Hands: Continue to wash or sanitise your hands regularly and thoroughly;
- Vaccinations¹ - we strongly encourage you to be vaccinated, in line with Government and NHS guidance. Vaccinations drastically reduce your chance of having severe or fatal symptoms if you contract Covid-19. You can [book your vaccinations online](#).

What if I experience symptoms of Covid-19?

- If you begin to experience Covid-19 symptoms, please begin self-isolating immediately, and [seek a PCR test](#) straight away. If you notice any symptoms of Covid during the session, let the leader know, and leave immediately. If your PCR test is negative, you are safe to return to future sessions;
- If you test positive the NHS will tell you to self-isolate. You must notify us as soon as possible;
- If you come into contact with someone or you live with someone who has tested positive please read through [the UK Government's self-isolation guidance](#), seeking a PCR test as soon as possible, and only travelling to rehearsal if you are exempt from self-isolation;

¹ We cannot enforce vaccination or take responsibility for the decision of individuals. Please note that any discrimination against individuals based on their vaccination status will not be tolerated. We also acknowledge that some individuals are unable to be vaccinated for medical reasons.

Agreement

Before attending

I agree to:

- take regular lateral flow tests, including one as close as possible to the time of the rehearsal, ideally on the day I'm attending (as a minimum within 24hrs) and will not attend if I test positive;
- keep my leader informed of any information which may help risk management;
- not attend any activities if I (or someone in my household) have Covid, or any symptoms which could be Covid;
- take a [pre-attendance Questionnaire](#) to confirm I do not pose a risk of Covid infection to others;
- get to any rehearsals I attend under my own steam (walk, cycle, own car) unless car sharing is unavoidable, when everyone in the car should use face coverings, open windows, sit as far from each other as possible;
- bring the following with me to each session:
 - hand sanitiser
 - several face-coverings, as they are ineffective when wet through
 - personal refreshments inc. water
 - my own camping chair (ideally), or use an allocated seat that only I touch
 - minimum of personal belongings and keep them under my chair
 - my own sheet music/ipad where possible.

During each session

I agree to:

- maintain 1M+ social distancing wherever possible, this means before, during and after musical activity, during breaks, in bathrooms. Sadly no hugging or hand-shaking during rehearsal;
- wear face coverings when not singing;
- use hand sanitiser and wash my hands frequently, especially on arrival, departure, before/after break, after bathroom visit;
- be patient getting into and out of the rehearsal as we may need to use a queuing system;
- avoid touching any shared surfaces as much as possible;
- not share equipment;
- sneeze/cough into tissue/crook of arm (if not wearing a face-covering);
- avoid raising my voice or bellowing while singing, and raise my hand if I need to be heard;
- avoid singing while facing anyone other than the leader;
- go home immediately if anyone in the session develops Covid symptoms, and self-isolate until the results of their test are known.

After each session

I agree to:

- contact my leader if I develop Covid symptoms within 48 hours of a session.

Understanding

I understand that:

- The group's adherence to these measures cannot reduce the risk to zero
- If I do not adhere to these expectations, I may be asked to leave the session and / or be excluded from attendance at future sessions

- Being vaccinated / using regular lateral flow tests does not mean I can stop using other mitigations and that I may still be excluded if I don't comply