



The following REHEARSAL information is to try and ensure that Cantorion-Llandrindod can endeavour to provide a safe and enjoyable environment for singing.

Please read it thoroughly: attendance at rehearsals indicates willingness to comply.

We all know the importance of personal responsibility with regard to the pandemic and so we ask:

That you are fully vaccinated unless exempt – the vaccination programme having proven to be the best way forward for everyone.

Please do not attend if:

- **You have any Covid or Flu or Cold like symptoms.** Please follow Welsh government guidance at this link [Self-isolation | GOV.WALES](#) (Ctrl + enter)
- **Have you been in contact with someone who has tested positive?** Since 22 December, fully vaccinated adults, children aged between five and 18 and vaccine clinical trial participants identified as a close contact of a positive case of Covid-19 in Wales do not need to self-isolate. Instead, the Welsh government strongly advises them to take lateral flow tests for seven days as a precautionary measure. We ask the same.
- All current Government rules and guidance are due to be reviewed on 3 March – this guidance may be revised taking account of any such changes.

Before you arrive:

- **It is good practice** when planning on meeting groups of people, especially inside, to take a lateral flow test – result within 30 minutes. **Please consider doing a Lateral Flow Test** before each rehearsal in line with current Welsh Government guidance.
- Ensure that you have all scores, pencils etc that you require to reduce contact transfer risks.

At the Venue:

- Please sanitise your hands on arrival
- Ensure that you give your name/tick relevant on entry so that an accurate Attendance Register can be kept
- Please follow any directions given by the Committee or indicated by the Church
- Please take any seat as indicated by the Committee or Conductor (to allow for SATB balance) and to allow for any social distancing as deemed necessary by the Committee's risk assessment.
- Whilst no longer legally required, please be aware of any individual members' needs for any social distancing
- Got a question or comment for the Conductor? Please raise your hand and wait to be acknowledged. Feel free to stand once asked to proceed.
- Please continue to think Hands, Face, Space

Singing

- **Masks will not be required**
- From 28 February masks are no longer required in Wales in churches, community buildings etc. The Committee have re-visited their risk assessment and have decided that despite singing being classed as a high risk activity with regard to particle spray etc that now is the time to take the next step. It is felt that vaccinations, sanitising, ventilation and spacing are sufficient mitigations at this time. The Committee will continue to be responsible for ensuring that all susceptible areas eg chairs, tables etc are adequately cleaned

The information in this document may be subject to amendment