

## **ADMS 2021/22 season**

### **Measures to be adopted to reduce possibility of transmission of Covid -19**

#### **Jan 2022 onwards**

The following actions and recommendations have been discussed by members of the committee of ADMS after seeking advice, especially from Making Music.

The aim is to reduce the possibility of transmission of Covid-19 during ADMS rehearsals whilst continuing to meet in person.

1. Double vaccination plus booster is ideal; however, it is acknowledged that this is not possible or suitable for everyone.
2. A negative lateral flow test within 24 hours of a rehearsal is required before attendance.
3. We particularly encourage everyone who is not triple-vaccinated to do this.
4. No-one should attend a rehearsal if they are unwell or have a raised temperature.
5. An attendance record will be kept in case it is necessary to contact everyone who attended a specific rehearsal.
6. The rehearsal hall will be ventilated before, during and after use.
7. Musicians are asked to wear a facemask when arriving/moving around or leaving the rehearsal hall.
8. Seats will be a minimum of 1m apart from other players/singers and 2m apart from the conductor.
9. There will be no refreshments during rehearsals.

#### **Specific measures for Choir**

Seating of singers: spaced out as above and not facing each other.

Jane Carr 2<sup>nd</sup> Jan 2022