

**Indoor rehearsals – March 2022**

**If you will be absent from rehearsal or have any queries please email:** **attendance@lacecitychorus.org**

You do not need to contact anyone directly. This email will be forwarded to the relevant members of the management team.

**You must NOT attend a rehearsal if:**

* You or anyone in your household have Covid or Covid symptoms.
* You have any cough/cold/contagious illness regardless of whether you had a negative LFT/PCR test.
* You have had vomiting or diarrhea in the previous 48 hours.

**Further detail**

* If you test positive for Covid, follow the current government guidelines which are:
	+ Stay at home.
	+ You can do a LFT from day 5 after your symptoms started.
	+ If you were asymptomatic, it’s day 5 from the day you tested positive.
	+ If the day 5 test is negative, take a second test 24 hours later (day 6 at the earliest).
	+ If both tests are negative and you do not have a high temperature and feel well you can go back to your normal routine but be cautious for a few more days.
	+ If your test is positive on day 5 you can carry on doing LFTs until you have 2 negative tests, 24 hours apart.

**How this relates to rehearsals:**

* If you have had covid you can return to chorus rehearsals following 2 negative tests after day 5. This will be day 6 at the earliest.
* If someone in your house is positive, you can return when they are ‘released’ following the above guidelines and assuming you are also testing negative. This means the earliest you can return is on day 6 and only if they have had 2 negative tests 24 hours apart. As above, you should be vigilant with your testing, distancing and mask wearing because you are still a higher risk following contact.

**Safety measures at indoor rehearsals**

* Take a lateral flow test on the day of rehearsal if possible.
* By entering the rehearsal venue to are declaring yourself fit to attend.
* All doors and windows will be open and the hall cleared to ventilate between rehearsals.

**Note also……**

* These measures are designed to reduce risk but will not eliminate risk entirely.
* Vaccination is strongly encouraged as it reduces the risk of getting ill with Covid and giving it to others.