



Registered Charity No. 1162703

## **MEMO - For the attention of all members**



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- Please do not attend any rehearsal or event if:
  - you have symptoms of Covid or feel unwell for whatever reason
  - you have tested positive (PCR or Lateral flow)
  - you have been told to self isolate
  - someone you have close contact with has tested positive
  - you are quarantining after a visit abroad
  - you are waiting for the results of a PCR
- You should either be triple vaccinated or show a negative lateral flow test before rehearsal
- It is highly recommended that you take a lateral flow test before the rehearsal
- It is highly recommended that you wear a face covering whenever you are inside the Memorial Hall
- Hand sanitiser should be used upon arrival – use your own if there is none available
- Adhere to all one way systems in operation. Give way, where necessary, to other people
- Please ensure you stand at least 1m from the person in front of you and 1m from the person next to you whilst rehearsing
- Respect the space of members and maintain social distancing at all times
- Please ensure you have provided Martin Bye (Secretary) with your contact details
- Please avoid travelling to/from rehearsals with others outside your household
  
- Fresh air ventilation system will be on at all times during rehearsals
- Register of attendance/seating plan will be taken
- Accessible toilet is available for all to use and will have been cleaned prior to rehearsal
  
- If you are unfortunate to test positive to Covid within 48 hours of rehearsal, you should email Martin immediately ([martin.r.bye@hotmail.co.uk](mailto:martin.r.bye@hotmail.co.uk)) and also contact NHS Test and Trace directly (please see <https://gov.wales/contact-tracing-if-you-are-identified-close-contact>). Martin will contact all members.