

## Rideau Park Chancel Choir Rehearsals: COVID Protocol and Safety Guidelines

Here are the protocols for staying safe while rehearsing indoors, starting on Thursday, October 21, 2021.

### Warm-Up

- Please do your own warm-up BEFORE the rehearsal. We will not have time to warm-up in person.
- I will send out a video warm-up routine in the days to come, for your individual use. If you already have a warm-up routine, feel free to use it in place of what I suggest, or add your own exercises to what's in the recording.

### Arrival

- Rehearsals start at 7:30 PM. *Please arrive no more than 15 minutes prior to rehearsal (7:15 PM)*
- Individuals assisting the choir director may enter the building as early as 7:00 PM.
- Please have your vaccine passport(s) in hand and ready to display.
- Please enter by the door on Cunningham, **near Georgina's office** (wooden doors with door code)
- Heather Ingrams will greet choir members to verify and keep a record of vaccine passports and weekly participants (we are required to keep a record for COVID tracing)

### Upon entering the building

- Please always wear a mask while in the building.
- Please use hand sanitizer (provided at the door) upon entering the building. If you have any sensitivity to hand sanitizer, please wash your hands properly (with soap, for 30 seconds) in the washroom after entering.
- Please do your utmost to sanitize commonly used surfaces (i.e. washroom door handles, taps, toilet handles, light switches, etc.) with the sanitizing solution (in the washroom).
- Please proceed to the Sanctuary, and sit in the appropriate section, so that rehearsal can begin on time. Please refer to the diagram below for seating arrangements.

### First Rehearsal

- We will spend the first 30 minutes of our first rehearsal together getting used to singing again and getting used to making sound in this new format. We will go through simple warm-ups and exercises to get our voices working again, all while getting accustomed to singing in a widely spaced, spread apart and distanced setting.

### Break

- After each 30 minutes of singing, there will be a 15 minute break (for air droplets to settle). In good weather, please go outside for some fresh air; alternatively, please exit the Sanctuary and remain in the hallway outside of Georgina's office.

### What to bring...

It is essential that we minimize the passing and sharing of resources during our rehearsals. AS we will all be separated to a greater degree than we are used to, everyone is responsible for being prepared at each rehearsal. I would prefer that each individual singer be responsible for all personal rehearsal items, so please keep the following in mind:

- **Please bring a pencil.** The choir room is not available to us in COVID choir rehearsal times.
- **Please bring your folder.** Each participant will be provided with a folder at the first rehearsal.
- **Please bring all music required.** Some music will be handed out, but most will be sent by email for individual printing at home. If unable to print at home, there will be additional copies available at rehearsal.
- **Please bring your own bottle of water.** Although it is best not to consume food or drink in the Sanctuary, a bottle of water (and if necessary, a snack) would be a useful cure for a dry throat outside of rehearsal!

Please see the seating guidelines on the following page:

