



The Choir of St Laurence Catford

St Laurence
Church Catford

Precautions for choir activities: September 2020

We are delighted to have received the 'all clear' from our PCC Standing Committee to restart singing together, and have drawn up the following summary to clarify precautions we are taking to prevent the spread of coronavirus. A full risk assessment is available via the church website, and much of the guidance we are following relating to this matter is from the RSCM and the church risk assessment relating to re-opening.

For the purposes of keeping our choral vision strong whilst keeping everyone safe, we will follow these precautions:

- We will wear masks to enter and exit church, but these may be removed for rehearsing and leading worship
- Maintain social-distancing: two metres between adult singers; one metre between members of the junior choir; and a distance of two metres behind and in front of all singers
- Only socialise during breaks in groups of two households or bubbles
- Be sure not to sing directly facing other singers
- Process in single file
- Rehearse for a shorter time than normal
- Bring our own pencils to rehearsals and look after our own music carefully
- Follow guidance with regards to staggered robing
- Follow the Choristers' Agreement (see online document and those on the choir notice board)
- **Be sure to seek immediate medical advice if we show symptoms of coronavirus, and stay home to risk spreading infection**

The parish has committed to:

- Providing hand sanitisers
- A rigorous cleaning regime, disinfecting choir seating, music stands and stalls

A reminder:

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If you have any concerns about this, you can speak with:

Sue Charles, Parish Manager: 020 8698 9706

Jeremy Ruffer, choir member: 07944 460713

Liz Thussu, choir member: 07912 775264

Jocelyn Freeman, Director of Music: 07791 958 309