

SONGBIRDS LADIES CHOIR – COVID 19 RISK ASSESSMENT (V2)

MARKET HARBOROUGH METHODIST CHURCH

Date: 18/01/21

Reviewed: 19/07/21

Area or People at Risk	Risks identified	Actions to mitigate risk
<p>Choir members At Risk of airborne transmission of Covid virus</p>	<p>Large concentrations of the virus travel through the air over short distances via exhalation.</p> <p>Risk is increased through singing, initiating increased concentration of the virus.</p> <p>Exhaled aerosols travel over variable distances in patterns that are difficult to predict.</p>	<p>Move the group to the largest possible indoor space that is Covid-secure</p> <p>Position singers/seating at minimum 1m distance</p> <p>Consider reducing the number of singers at each session by introducing a rota</p> <p>Ensure any internal ventilation system is turned off to reduce transmission</p> <p>Keep doors and windows open so the area is well ventilated</p> <p>Possibly reduce the length of rehearsal time</p> <p>Take regular breaks to go outside</p>
<p>Intensity of voice use</p>	<p>Aerosol production increases rapidly in proportion to vocal power or loudness</p> <p>Choral singing results in the simultaneous use of multiple voices over protracted periods.</p> <p>This results in more aerosol production.</p>	<p>Members to adhere to social distancing guidelines before and after rehearsal to reduce risk.</p> <p>Reduce the number of singers at each session</p> <p>Choirs members will be required to complete a lateral flow test every Thursday prior to rehearsal, to ensure they are not positive for Covid 19</p>

		<p>Consider Section rehearsals</p> <p>Reduce the length of the session</p> <p>Quieter singing introduced where possible</p> <p>Wearing of masks on entering and leaving the venue required.</p> <p>When not singing, members may be asked to replace their masks.</p>
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Close personal contact	<p>High levels of transmission occur between persons close together in indoor settings, particularly through inhalation</p> <p>Respiratory clouds travel forwards rather than sideways</p>	<p>Members to follow guidelines set by the venue regarding the use of the premises.</p> <p>Frequent use of hand sanitiser required.</p> <p>Facilitate social distancing through location of chairs and the one-way system within the venue</p> <p>Reduce the number of singers at rehearsal</p> <p>Lateral flow-test prior to rehearsal</p> <p>Configure choir members in a scattered seating pattern that avoids rows, with a minimum 1m distance between each choir member.</p> <p>Avoid members facing each other (e.g. using a circular formation)</p>
Awareness of personal hygiene	<p>The virus is transmitted by touching the face, close to an airway, and by inhalation.</p> <p>Choir members may forget the importance of washing hands, wearing masks, touching surfaces or they may become complacent.</p>	<p>Lateral flow test to be completed weekly on a Thursday prior to the choir session that evening.</p> <p>Choir members to bring their own hand sanitiser. Hand sanitiser will also be provided at the venue</p> <p>Wearing of masks optional, but please be mindful for the safety of others.</p> <p>Regular reminders will be issued during the</p>

		rehearsal/session to maintain personal safety and distance.
Risk from infected surfaces	The virus travels through the air and falls onto surfaces via aerosol droplets where they evaporate and leave behind viral particles.	<p>Choir members will be required to follow the safety guidance provided by the venue.</p> <p>Members to avoid touching surfaces where possible</p> <p>Hand sanitiser to be used at all times.</p> <p>Use chairs as allocated, in sections</p> <p>Regular deep cleaning and sanitisation of walls, tabletops, door handles etc will be undertaken by the venue</p> <p>The piano and lectern are to be left after the session for the venue to undertake cleaning</p> <p>Choir members are issued with their own personal copies of sheet music. There will be no sharing of paper copies or singing from shared music.</p> <p>Choir members encouraged to learn music by memory/rote</p>
Vulnerable groups	<p>Susceptibility to the virus increases rapidly with age.</p> <p>Susceptibility to the virus is significantly higher in persons with underlying health conditions.</p> <p>There are recognised associations between susceptibility and ethnicity.</p>	Vulnerable groups, those isolating and those with underlying health conditions will be encouraged to self-exclude.

Managing symptoms	Symptoms can be managed	<p>All members to follow Government guidelines that if they have any symptoms or are in quarantine, they must not attend rehearsal.</p> <p>Lateral flow test to be completed weekly, each Thursday, prior to</p>
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		<p>evening choir session.</p> <p>Members will be asked to register for test and trace purposes, in accordance with the venue requirements.</p> <p>We will make attendance conditional on being entirely symptom free.</p> <p>Singers who feel unwell during the session will be moved to a safe area, in line with venue guidance.</p>
Asymptomatic carriers	The prevalence of asymptomatic carriers is higher than first thought. Members may look and feel perfectly well so will be unlikely to quarantine or declare symptoms.	Ensure attendance records are routinely kept up-to-date along with contact records to facilitate tracing.