**La La Choirs – Code of Conduct to Keep Safe**

Restrictions are lifting but Covid is not going away. Our Code of Conduct is in place to ensure everyone’s safety both physically and emotionally as we navigate our way through re-opening. These rules are about comfort levels for all as well as keeping safe so PLEASE stick to them.

* Do not attend if you feel unwell. Do not attend if you have visited a COVID hot spot in the UK or Abroad within the last 14 days. Do not attend if you are awaiting the results of a COVID test. Do not attend if NHS track and trace has advised you to self-isolate
* **COMPLETE A LATERAL FLOW TEST** on the **same day** as your session.
* Present proof of the LFT result at entry. Panel or NHS text from the **same day**
* Try not to be late to choir. All LFT results must be checked at registration.
* **NO CONTACT WITH OTHERS WITHIN THE REHEARSAL VENUE** Keep cuddles outside.
* **Respect the Rainbow Heart** – Badge wearers want you to keep your distance.
* Sanitise your hands at entry point.
* Mask wearing during singing is optional.
* **DO NOT MOVE THE CHAIRS** – The are distanced and carefully positioned
* Each session will have a 15 min break. Vacate the building to allow ventilation if possible.

I want everyone to be happy and come back to choir. If they know they will feel safe, respected and understood then they will. So be kind, keep to the rules and we will soon be back to gorgeous full sessions of loveliness

Much Love

Sam xxxxx