

# Stage One – Rules for Safe Rehearsals

Updated 22 October 2020

## Summary for Stage One members:

The COVID-Safe measures adopted for Stage One rehearsals should be familiar to those you experience at your school and other out-of-school clubs. By following the rules below and by being sensible, respectful and considerate, we can keep you and others safe.

- Only enter/exit Mayfield School via your designated doorway and ensure that you are signed-in by a member of Stage One staff;
- Stay within your bubble group and do not mix with other bubble groups, even if you're in the same room;
- Maintain social distancing within your group and ensure distancing is maintained to keep separate from other groups – if you can reach out and touch someone, then you are far too close – remember, **Give Space, Keep Safe**;
- Clean hands more often than usual - wash hands thoroughly for 20 seconds with running water and soap and dry them thoroughly or use alcohol hand rub or sanitiser ensuring that all parts of the hands are covered;
- Ensure good hygiene by adopting the 'catch it, bin it, kill it' approach – consider bringing tissues with you;
- Be aware that members over the age of 11 should wear a face covering when entering the school site and in communal areas such as corridors and toilets. Face coverings can be removed once members have reached their rehearsal room. Please ensure you have a face covering and an appropriate bag to store it in when not in use.
- You must be able to safely remove your facemask and store it appropriately: wash/sanitise your hands thoroughly before removing; only handle the straps, ties or clips; store it in a clean plastic bag and keep with your possessions; do not dispose of in the school premises.
- Keep personal possessions to an absolute minimum, ideally in a small bag that you can keep with you. You may bring your own water bottle, your script and your phone – **do not share items with other people!** Do not bring food. Where possible items should be labelled with your name. Any property left behind cannot be retained for collection and will be disposed of.
- Follow the instructions of Stage One staff/volunteers who will guide you to your rehearsal room and explain which areas are in or out of bounds, including which toilets are available for your use. If you are uncertain of anything, speak to a Stage One staff member.
- If during rehearsals you feel unwell or anxious at any time, speak to a Stage One staff member.
- Normal [Stage One Code of Conduct](#) applies. **At all times respect the rehearsal process, respect Stage One staff and respect other performers.**