

Stage One – Guidance for the Safe Return to Rehearsals

Updated 1 December 2020 [National Youth Agency - *Managing youth sector activities and spaces during COVID-19* – December 2020, Version 4.0]

Summary for Stage One members:

As we return to rehearsals following the latest lockdown, it is vital that we all play our part to ensure rehearsals are safe for you and everyone else. To that end, you must follow the simple rules below, all of which will be familiar to you:

- Observe social distancing – *make space, keep safe*.
- A member of Stage One staff or a parent-helper will be allocated to each group. When “off stage”, you must follow their instructions – if you are uncertain of anything, ask for their assistance.
- When “on stage”, at all times pay full attention and follow the instructions of the Director (Jacqui), the Choreographer (Helen), the Musical Director (Adam) and the Stage Manager (Steve).
- When “off stage”, keep within your group and do not mix with other individuals or groups, even if you’re in the same room. Remember - social distancing within groups and between groups.
- 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;
- 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 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.

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.