

# Stage One – Guidance for Safe Rehearsals

Updated 5 April 2021, in accordance with the following guidance:

- DfE – [Protective measures for out-of-school settings during the coronavirus \(COVID-19\) outbreak](#) [updated 26 March 2021]
- National Youth Agency – [Managing youth sector activities and spaces during COVID-19](#) [March 2021, Version 5.1]

## Summary for Stage One members:

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 rules below:

- Enter and Exit the school premises and the rehearsal rooms via your designated entrance/exit and ensure that you are signed-in by a member of Stage One staff
  - Observe social distancing – if you can reach out and touch someone, then you are too close – remember, **Give 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 “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**.
  - 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).
  - 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 for coughs and sneezes – 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.
  - 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.
  - If during rehearsals you feel unwell or anxious at any time, speak to a Stage One staff member.
  - You must not attend rehearsals if:
    - you have one or more coronavirus (COVID-19) symptoms;
    - a member of your household or support bubble has coronavirus (COVID-19) symptoms;
    - you are legally required to quarantine, having recently visited countries outside the common travel area;
    - you have had a positive test.
- You must not attend rehearsals for at least 10 days from the day after: the start of coronavirus (COVID-19) symptoms or the test date if you did not have any symptoms but have had a positive test, whether this was a lateral flow device (LFD) or polymerase chain reaction (PCR) test.
- Adhere to the [Stage One Code of Conduct](#) and at all times respect the rehearsal process, respect Stage One staff and respect other performers.