

Guidelines for Lytton members attending rehearsals and any other activities at The Lytton Theatre during the Covid-19 restrictions

What follows are the rules we have had to put in place to make The Lytton Theatre “Covid Secure”. If you or any of the people do not take these guidelines seriously and abide by them to the best of your abilities, all activities in the building will have to be suspended until further notice.

Prep before activity/rehearsal

- If you have any of the symptoms of Covid-19 please do not attend.
- If you are one of the high level/vulnerable people please do not attend (see appendix A).
- Make sure you do not arrive any early than five minutes before the activity.

When arriving

- If you arrive more than 5 minutes before the activity please wait outside.
- Wear your mask when you go into the building until you are in the activity area and it is safe to remove.
- If you are exempt from wearing a mask please bring proof.
- Use the relevant Track & Trace QR Code provided in entrance and around the bar lounge if you have a suitable phone. If you do not have suitable devices fill in the register form and place in the box provided.
- Use the hand sanitiser provided when you enter the building.

During the rehearsal/activity

- Make sure social distancing rules are applied during the activity
 - Distancing between people of 2 metres.
 - They wear masks if in proximity (under 2 metres) of other people.
 - No immediate person to person contact, unless they are from the same household.
 - When singing people do not face each other and/or are 2 metres away from other people including production team.
- If you have any Covid 19 symptoms during your time in the building please tell the organiser and go home.

At the end of the rehearsal/activity

- If asked, spray anything thing you have touched. This could include chairs, tables, stage, props etc.
- Use the hand gel before you leave.
- If you used the QR code when arriving please make sure you use the relevant QR code when leaving.
- Leave by the requested exit.
- Do not hang around when the activity is over - leave the premises. This includes the car park.

David Slade

Business Manager - The Stevenage Lytton Players

Definitions:-

High Risk / Vulnerable

There are two levels of higher risk:

- high risk (clinically extremely vulnerable)
- moderate risk (clinically vulnerable)

People at high risk (clinically extremely vulnerable) from coronavirus include people who:

- have had an organ transplant
- are having chemotherapy or antibody treatment for cancer, including immunotherapy
- are having an intense course of radiotherapy (radical radiotherapy) for lung cancer
- are having targeted cancer treatments that can affect the immune system (such as protein kinase inhibitors or PARP inhibitors)
- have blood or bone marrow cancer (such as leukaemia, lymphoma or myeloma)
- have had a bone marrow or stem cell transplant in the past six months, or are still taking immunosuppressant medicine
- have been told by a doctor they have a severe lung condition (such as cystic fibrosis, severe asthma or severe COPD)
- have a condition that means they have a very high risk of getting infections (such as SCID or sickle cell)
- are taking medicine that makes them much more likely to get infections (such as high doses of steroids or immunosuppressant medicine)
- have a serious heart condition and are pregnant

People at moderate risk from coronavirus include people who:

- are 70 or older
- have a lung condition that's not severe (such as asthma, COPD, emphysema or bronchitis)
- have heart disease (such as heart failure)
- have diabetes
- have chronic kidney disease
- have liver disease (such as hepatitis)
- have a condition affecting the brain or nerves (such as Parkinson's disease, motor neurone disease, multiple sclerosis or cerebral palsy)
- have a condition that means they have a high risk of getting infections
- are taking medications that can affect the immune system (such as low doses of steroids)
- are very obese (a BMI of 40 or above)
- are pregnant