

# WE WILL ROCK YOU PROJECT



# COVID-19 HANDBOOK PAGE 1

## Health advice from Government

The symptoms of coronavirus (COVID-19) are usually mild, but some people can become very

unwell. Most people with coronavirus have at least one of the following symptoms.

- High temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- New, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- Loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

If you notice symptoms then you must not leave your home. This is called self-isolation. Anyone with symptoms must self-isolate for 14 days from when their symptoms started.

Anyone in the same household who does not have symptoms must self-isolate for 14 days from when the first person in your home started having symptoms.

If you have symptoms of coronavirus (COVID-19), you can ask for a test to check if you have the virus. This is called an antigen test. You need to get the test done in the first 5 days of having symptoms (apply within the first three days of having symptoms). Essential workers, such as teachers, are prioritised for a test.

## Handwashing advice

It is essential that everyone washes their hands more often, using soap and water for at least 20 seconds. Hand washing with soap employs mechanical action that loosens bacteria and viruses from the skin, rinsing them into the drain. Drying hands afterwards makes the skin less hospitable to the virus. Hand sanitiser can be effective if soap is not available or the situation makes using soap less feasible (i.e. when outside) but using hand sanitiser provides none of the virus-destroying friction that rubbing your hands together and rinsing with water provides. The latest guidance and video on hand washing can be found at: <https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

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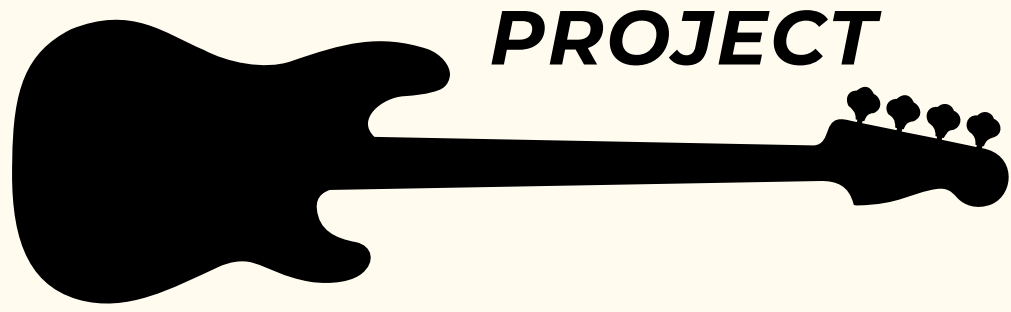


# COVID-19 HANDBOOK PAGE 2

## Before / During / After Each Music Session:

- All instruments are to be wiped down with antibacterial spray. Including microphones, keyboards, guitars and benches & chairs after each group leaves / new group enters the music room / hall.
- Doors to be left open at all times to reduce contact on door handles and allow airflow.  
Windows open where possible (weather depending). Doors to be shut if there is a fire emergency or fire drill.
- No bags, coats, toys, bottles etc to be brought in to music session. These can be left in their designated area in the class room unless this is the last session of the day.
- Children to line up spaced apart at entry of music room / hall, enter one at a time when instructed and shall be directed where to sit by We Will Rock You Project teacher.
- Children are to be sat spaced apart / zig zagged with adequate distance where possible.
- With latest government guidelines, full classes can now be accommodated allowing space for social distancing.
- We Will Rock You Project staff to store personal items (coats/bags) in a secure place at the back of the room, not in contact with school staff or pupils.
- We Will Rock You Project team will wash / sanitise hands between every class.
- Children should be encouraged and reminded to inform teachers if they do not feel well and then follow the schools Covid-19 procedure before entering any music sessions.

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### **Our Team Commitment:**

- Any We Will Rock You Project team member noticing symptoms shall self-isolate and notify Chris Haddon or Chris Hough immediately. Testing shall be arranged and schools that have been in contact shall be notified for track and trace purposes.
- All We Will Rock You Project tutors have successfully completed online ThinkTree Covid-19 Prevention course training.
- Impeccable hygiene and social distancing measures shall be adhered to at all times.

### **Wellbeing:**

- The wellbeing of both pupils and staff during the Covid-19 crisis is our main priority and we strongly believe music can help with this, not just for the pupils, but staff getting involved too (or just using the time to have a break!)

***During a time that we are being advised to keep apart, music can help keep us together.***

## **CONTACT**

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