

## **All practitioners must follow the following infection control rules**

1. Do not go to practice if you are sick!

You should not use the rehearsal rooms if you are ill. AKKS Bergen is flexible on cancellation of rehearsals during this period, if those who are going to practice have become ill, send an email with the cancellation to [kontoret@bergen.akks.no](mailto:kontoret@bergen.akks.no) before the rehearsal.

2. Maximum number in the rehearsal room at the same time  
There are restrictions on the number of people per room.  
Room E and Room D are allowed a maximum of 6 people.  
Room A is allowed a maximum of 5 people.  
Room B is allowed a maximum of 3 people.  
Room C is a maximum of 2 people allowed.
3. Keep a distance from each other  
The floor of the rehearsal room is marked with a meter distance. In the rehearsal room, it is important to keep a distance of 1 meter from each other during the rehearsal.
4. Wash your hands before and after practice  
Good hand hygiene is important before, during and after rehearsal.  
Use the sink in the toilet (s) located by the lift and the entrance to rehearsal room E.
5. Preferably use your own microphone!  
We encourage vocalists to bring their own microphone. But if you do not have this, we have cleaned microphones on the premises. After use, place the microphone in the box marked used microphones. All microphones will be cleaned and disinfected once a day.
6. Disinfect the equipment on the premises after the rehearsal  
Before and after practice, you must wash over the equipment you have used. Pour rubbing alcohol on a paper towel, wipe the equipment you have used, ie door handles, light switches, microphone cables, keyboards, chairs you have sat on, the mixer, microphone stand, buttons on amps, drum kit: pedal, drum chair, cymbal stands and other surfaces you have taken on.  
NB: Cymbals must not be sprayed!
7. Avoid handshake and hugging
8. Remember good cough and sneezing hygiene

**If practitioners do not follow the infection control rules, they will not be able to practice at AKKS Bergen.**

