



Rhythm2Recovery Workshops Precautions & Changes During the COVID-19 Epidemic.



At Rhythm2Recovery we are committed to ensuring as safe a training environment as possible during this period of potential risk of contagion due to COVID-19.

In 2022 All attendees at our training events must be double vaccinated, preferably with a third booster shot.

We are monitoring all advice from the National Health Department, & State and Federal Governments.

Currently we are implementing the following actions:

- Asking anyone with flu-like symptoms to refrain from attending – transfer to a future training workshop or our online training will be offered.
- Asking anyone who has had contact with a known carrier of COVID-19 in the last 7 days to refrain from attending – transfer to a future training workshop or our online training will be offered.
- Asking anyone who has been advised they are a close contact of a COVID-19 case in the last 7 days to refrain from attending - transfer to a future training workshop or our online training will be offered.

Unfortunately, it also possible that infection may also hit our team and require us to cancel a specific training – a full refund or transfer to another event will be provided, should this occur.

Or it may disrupt a training mid-workshop in which case we will reschedule the remaining portion or offer access to our online training.

At our events we are:

- Asking our Facilitators to do a Rapid Antigen test the day before a workshop starts.
- Offering masks to all trainees and our facilitators for indoor use as required or by personal choice
- Seating people at a distance of 1.5m in the circle.
- Ensuring our venues have good air circulation
- Avoiding exercises that require closer contact – some additional exercises will replace these.
- Avoiding exercises that require the swapping of instruments – participants will use the same instrument/s each day.
- Not providing catering to avoid cross contamination – people should bring their own food and keep-cup/water bottle etc.

Additional sanitisation:

- Where possible we will be using non-porous synthetic drums
- We will be cleaning all instruments before each workshop and at the end of each day with antiseptic cleanser.
- We will provide additional soap for cleansing hands
- We will provide basic face-masks for anyone wanting one.

We accept that despite these precautions, some people may still wish to transfer to a later event or request a refund – that is fine, but we ask people to make these decisions as early as possible. Refunds will only be made up to 21 days before an event.

We look forward to providing training for you, as it is likely that the skills taught in these workshops will be of great use due to the psychological impact of the pandemic for many. Best wishes to all, Simon Faulkner & the Rhythm2Recovery team