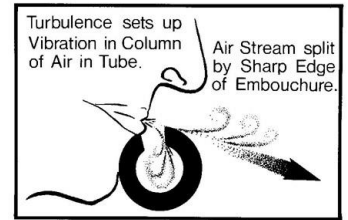




# COVID SAFETY FOR FLUTE & WHISTLE PLAYERS



FluteFling is a partner in the Scottish Government’s Stay Well Signage scheme and is committed to understanding the risk of COVID infection associated with playing flutes and whistles & informing and taking practical steps to protect those who attend events its sponsors.

The way the player’s airstream is split over the flute embouchure, and whistle fipple, projects aerosol droplets into the space in front of the player.

Consequently, flute or whistle playing, **by an infectious person**, imposes a disease transmission risk on other persons, in the same room. Short range transmission occurs close to the source of aerosol, where there is still a directional respiratory jet and concentrations of the virus are likely to be higher because little diffusion has occurred. Long range transmission refers to transmission occurring after the respiratory jet has dissipated and the aerosol is homogeneously dispersed throughout the environment.

**Key Mitigations:** FluteFling’s three strategies for protecting those attending their events cover:

- **Managing those who attend**
- **Manging the Venue**
- **Helping those present to take care of themselves and others**

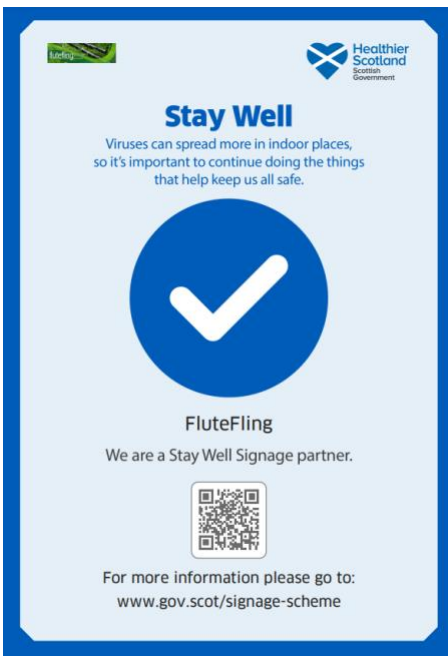
### Managing those who attend

You’ll be asked to complete a sign in sheet when you arrive.

FluteFling reaffirms its support for the current Scottish Government advice regarding:

- Vaccination and boosters
- “Stay Home” criteria
- Other precautions individuals can take to protect themselves from COVID and other viruses.
- Use of the Distance Aware Scheme to help those worried about mixing with others, and who need space and extra care around them

We ask Stewards, Tutors, Performers and participants in FluteFling events to ensure they are familiar with and follow this advice. If you exhibit COVID symptoms during the event stewards may suggest you leave. The symptoms of the current strains of coronavirus are [HERE](#) The Scottish Government advice on staying well and protecting others is available [HERE](#)



### Manging the Venue

FluteFling recognises its responsibility when planning & running events and has:

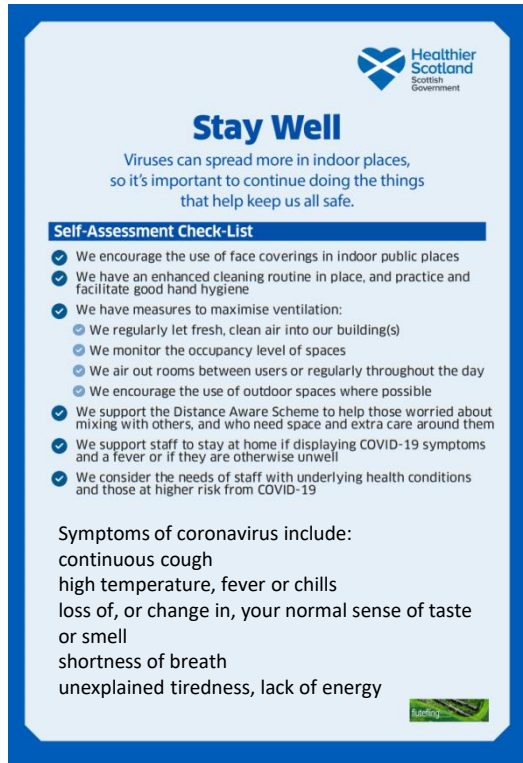
- Signed up to the Scottish Government@ Stay Well Signage initiative.
- Used the Scottish Government COVID 19 Event Sector Checklist to confirm arrangements are satisfactory.
- Planned a cleaning regime that reduces the risk of infection by contact.
- Ensured the venue has adequate natural, or mechanical, ventilation to extract aerosol particles in the atmosphere.
- Ensured the venue has sufficient space to facilitate social distancing for the number of participants expected to be present.
- Made a suitable risk assessment, including COVID, for the venue and planned event.



**Helping those present to take care of themselves and others**

FluteFling will:

- Monitor and make the results of current research into playing wind instruments and COVID 19 infection available to tutors & participants.
- Ensure tutors are aware of their role in mitigating risk by:
  - a) Maximising ventilation
  - b) Encouraging social distancing
  - c) Asking anyone participating in the Distance Aware Scheme to make themselves known
  - d) Providing individual copies of handout material
- Take suitable action to meet the needs of Distance Aware and other vulnerable participants in FluteFling events.
- Provide masks & hand sanitiser



**Stay Well**  
Viruses can spread more in indoor places, so it's important to continue doing the things that help keep us all safe.

**Self-Assessment Check-List**

- ✓ We encourage the use of face coverings in indoor public places
- ✓ We have an enhanced cleaning routine in place, and practice and facilitate good hand hygiene
- ✓ We have measures to maximise ventilation:
  - We regularly let fresh, clean air into our building(s)
  - We monitor the occupancy level of spaces
  - We air out rooms between users or regularly throughout the day
  - We encourage the use of outdoor spaces where possible
- ✓ We support the Distance Aware Scheme to help those worried about mixing with others, and who need space and extra care around them
- ✓ We support staff to stay at home if displaying COVID-19 symptoms and a fever or if they are otherwise unwell
- ✓ We consider the needs of staff with underlying health conditions and those at higher risk from COVID-19

Symptoms of coronavirus include:  
continuous cough  
high temperature, fever or chills  
loss of, or change in, your normal sense of taste or smell  
shortness of breath  
unexplained tiredness, lack of energy



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Your participation is essential to our aim to protect you and other present at our events. To protect yourself and keep others safe:

- if you have symptoms of a virus, cold or flu, try to stay at home and avoid contact with others – if you do need to go out, wear a well-fitting face covering
- get your vaccines and boosters if offered to ensure you are fully protected
- follow the latest NHS guidance if you are feeling unwell – and know how to get the right care in the right place
- wear a face covering in indoor public places and on public transport
- socialise in well-ventilated spaces where possible
- try to maintain at least 1 metre physical distancing and give more space and take care around those using the Distance Aware scheme
- consider how many people are gathered in spaces and try to avoid overcrowded areas
- wash your hands and clean surfaces regularly
- cover your nose and mouth if coughing or sneezing - dispose of used tissues in the bin.

For recent research on the topic of Aerosol emission from playing wind instruments and related COVID-19 infection risk during music performance see:

<https://www.nature.com/articles/s41598-022-12529-2.pdf>