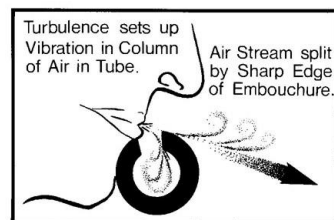




SAFETY FROM VIRAL RESPIRATORY DISEASES FOR FLUTE & WHISTLE PLAYERS



FluteFling is committed to understanding the risk of viral respiratory diseases, such as COVID 19, RSV and influenza, 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**, presents a potential risk of disease transmission to other persons in the same room.

Short range transmission occurs close to the source of aerosol where there is still a directional respiratory jet. 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 strategy for protecting those attending their events covers:

- **Understanding the risk**
- **Managing the Venue**
- **Managing those who attend**
- **Helping those present to take care of themselves and others**
- **Encouraging performers, tutors and participants to play their part in managing the risk**

Understanding the risk

FluteFling monitors [Public Health Scotland's surveillance reports](#) and statistics on viral respiratory diseases prior to each event.

Where the indicators are at baseline, or reducing, the view taken is that specific precautions and controls are not required.

In the event of the indicators showing an increasing trend additional controls will be implemented.

Where FluteFling believe adequate control of the risk can't be achieved or the indicators suggest a pandemic situation may develop planned events will be postponed.

Managing those who attend

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 respiratory infections including 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

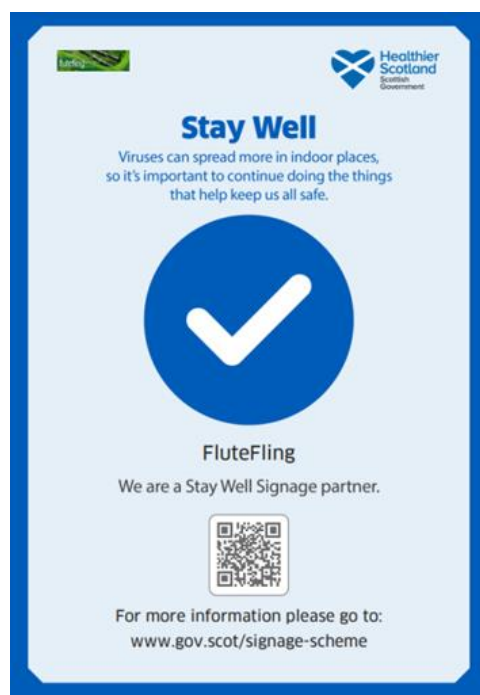
We ask stewards, tutors, performers and participants at FluteFling events to ensure they are familiar with and follow this advice.

The Scottish Government advice on staying well and protecting others is available [HERE](#)

[Flue Symptoms](#)

[COVID 19 Symptoms](#)

[RSV Symptoms](#)





SAFETY FROM VIRAL RESPIRATORY DISEASES FOR FLUTE & WHISTLE PLAYERS

If you experience symptoms of a respiratory disease, before a FluteFling event, that may result in infection of others please consider whether attending the event is appropriate

If you experience symptoms of a respiratory disease, during a FluteFling event, that may result in infection of others please consider whether your continued attendance at the event is appropriate and /or whether you should wear a well fitting face covering

FluteFling will always take a sympathetic view of refund requests associated with respiratory conditions that make attending an event inappropriate.

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.



Disinfecting



Ventilation



Physical Distancing

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 respiratory 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 for those who feel this is appropriate.



Stay Well

Respiratory infections including COVID-19 can spread more in indoor spaces, so it's important to continue doing the things that help keep us all well.

Self-Assessment Check-List

- ✓ 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 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 follow the latest advice when experiencing symptoms of a respiratory infection, including COVID-19
- ✓ We consider the needs of staff with underlying health conditions and those at higher risk from COVID-19



Play Your Part

Your participation and cooperation is essential to our aim to protect you, and others present at our events.

To protect yourself, and keep others safe, please ensure you're aware of Government guidelines on avoiding respiratory illness :

- 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
- Wash your hands and clean surfaces regularly
- Cover your nose and mouth if coughing or sneezing
- dispose of used tissues in the bin.

If the news/ media indicate increased levels of respiratory disease in the community consider:

- Wearing a face covering in indoor public places and on public transport
- Socialising in well-ventilated spaces where possible
- Trying to maintain at least 1 metre physical distancing and give more space and take care around those using the Distance Aware scheme
- How many people are gathered in spaces; try to avoid overcrowded areas

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

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

<https://www.sciencedirect.com/science/article/pii/S0021850222001070>

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9252563/>

Stay Well

Respiratory infections including COVID-19 can spread more in indoor spaces, so it's important to continue doing the things that help keep us all well.



Self-Assessment Check-List

		
✓ We have an enhanced cleaning routine in place, and practice and facilitate good hand hygiene	✓ We have measures to maximise ventilation	✓ 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 follow the latest advice when experiencing symptoms of respiratory infection, including COVID-19	✓ We consider the needs of staff with underlying health conditions and those at higher risk from COVID-19	

