

## **The Soundbreathe Singers**

The Soundbreathe Singers is a friendly, fun, non-auditioned choir that meets Wednesdays during term time at St Luke's Church from 7:30pm to 9:00pm. We enjoy singing with harmony with gentle breathwork.

This Code of Conduct and these Terms & Conditions are simply a way to ensure our wonderful group continues to thrive in a safe, positive and supportive environment. It's about cherishing the amazing atmosphere we already have and ensuring everyone feels as comfortable and respected as possible.

### **A. Membership**

1. The Soundbreathe Singers is an inclusive choir. Membership is open to all adults aged 18 and over. We also welcome young people aged 14-17 who must be accompanied by a responsible adult who also attends as a registered choir member.
2. We don't require formal auditions. We believe singing is for everyone, regardless of ability. Everyone improves with practice and good coaching. We value connection over perfection, and collective human voices singing together to create a beautiful sound.
3. There is no minimum rehearsal attendance requirement. Come when you can, it's our intention that you'll always have a great session.
4. Sessions follow the school calendar and are held during term time. We take breaks for Christmas, Easter, Summer, and half terms. We provide 39 sessions per year.
5. If rehearsals are cancelled due to illness or events outside of our control then The Soundbreathe Singers reserves the right to make reasonable endeavours to provide either a replacement leader or an alternative session at some point over the next two terms. No refunds will be given in these circumstances. We will always endeavour to give as much notice as possible to members for any changes made to regular scheduled rehearsals.

### **B. Fees**

1. To make choir accessible, payments are spread monthly. You choose your monthly payment amount based on your income and affordability. £39.99 per month (receive 3 singer retreat days per year valued at £300), £29.99 per month standard, £19.99 per month (concession, low income, unaffordable on other payment options)

2. We reserve the right to increase the price of membership. We will give you at least one full month's notice of any price increase and will make it clear when the price increase will take effect and how much your choir membership will cost after the increase. During this notice period you may terminate your membership in accordance with these terms and conditions. If you choose not to terminate your membership before the date the increase becomes effective, the price of your membership will be increased in accordance with our notice.

### C. Payment Methods

1. The preferred payment methods are Stripe subscription or bank transfer. We love cash however to make admin as easy as possible we do not accept cash at choir.
2. If your payment fails due to an unsuccessful transaction, such as an expired card it is your responsibility as a member to ensure your payment method is set up correctly and the fees are being paid/collected successfully. While The Soundbreathe Singers' leader may inform you of any issues or errors that can occur from time to time, any overdue amounts are payable in full immediately.
3. You can cancel your membership at any time by email with 7 days' notice.
4. Direct debit and Stripe payments pay for your choir experience each calendar month for 12 months a year including during breaks and not just when choir meets.

### D. Rehearsals and Performances

1. Performances are a way of showcasing our amazing choir, stepping out of our comfort zone, having loads of fun and becoming stronger as a choir.
2. We sincerely hope members who wish to participate in performances will attend at least 2 out of 3 of the preceding rehearsals.
3. We welcome everyone at choir however we do understand that rehearsals may be more challenging for some people. We don't expect anyone to carry out the dance moves if they choose not to or don't feel able to. If you feel that you would prefer to sit throughout a rehearsal, performance, show or event, you are of course welcome to do so, we don't ask that you do anything more than you are willing to do.

### E. Remuneration

1. There is no remuneration for choir performances or roles within the choir unless explicitly agreed upon by the choir leader. Membership fees are non-refundable.

2. Performance participation is optional. You are gently encouraged but this is not mandatory.

#### F. Absences

1. If you are unable to attend choir, there is no need to let us know.
2. If you prefer to inform us about your absence for a specific reason, email is preferred.
3. Please refrain from posting absences in social media groups or messaging the choir leader directly. Direct messages about non-attendance right before choir are distracting. If you notify your absence on social media, then, as important as each of you are please don't be offended when your notice is deleted. Your presence is inspiring and your non-attendance could deter a less confident singer from coming.
4. Your leader takes their role seriously and always wants to give the best session possible. Preparing to lead The Soundbreathe Singers requires a lot of focus and positive energy.

#### G. Getting in Contact

1. To allow for an organised admin system and avoid digital overwhelm please try not to contact the choir leader by phone, messages or social media about choir matters (unless it is an emergency). Email is preferred. If you wish to speak in person you can arrange a chat by email or approach your leader after choir (not before, see F.4.).

#### H. Singing

1. We value the power of collective sound. Members should recognise that their individual contribution is important to the overall sound of the choir. Your voice matters!
2. Experienced members are invited to support less experienced members and make new members feel included and welcomed.
3. We never ever criticise members' singing individually or as a whole and always use positive and encouraging language.
4. We accept that everyone is on their own singing journey. We always strive to improve and understand that not everyone gets it right all the time. It's better to sing

out of tune or out of time than not at all. Together we always sound good. Connection over Perfection.

5. We value mistakes as opportunities for improvement.
6. We value stepping out of our comfort zones to become stronger singers.
7. Members should strive for a connected expression in their singing and focus on blending with the choir as one voice, both within their section and as a whole group.
8. For performances, members are encouraged to know their words and melodies.
9. The choir leader is there to be your focal point and guide during a performance.

## I. Respect and Inclusion

1. We strictly prohibit discrimination of any kind. We embrace diversity and ensure accessibility and inclusion for all, a fundamental part of the culture of choir is that we offer a psychologically safe, compassionate, understanding and supportive space without any judgment where we will all uphold the importance of respecting and meeting diversity of need and commit to treating everybody equitably, fairly and justly and doing all that we can to ensure the most positive experience for everyone.
2. Members must treat each other with respect and avoid any behaviour that could be perceived as offensive, discriminatory, harassing, or preachy. This includes using inappropriate language and refraining from offensive jokes or comments.
3. Physical contact should be limited to professional reasons and only when appropriate for the member's well-being or safety. Always ask before initiating physical contact, such as hugging. Be mindful of unreciprocated over-friendliness.
4. There will be times when you are asked to do something that pushes you out of your comfort zone in singing and performing. Members should respect that exercises on the edge of comfort make for stronger, more confident singers. Trust and follow the directions of the choir leader, who will always aim to get the best out of you. If there is an exercise that you prefer not to do, you are never obligated to take part.
5. Avoid any conduct that could bring the choir's or choir leader's reputation into disrepute.
6. Any concerning incidents should be reported to the choir leader by email or by arranging to speak after choir (not before see F.4).
7. We respect the church building and act accordingly eg. The St Luke's Church is Christian so as a choir we uphold their rules and respect their beliefs (even if they are different from our own).

8. It is a condition as member or visiting professional that you will not solicit any members, leaders, Soundbreathe staff or any person associated with Soundbreathe or performance/event organisation on behalf of yourself or any third party or business enterprise to not attend or leave The Soundbreathe Singers or join an alternative competing organisation.

9. Please only attend choir if you are sober. Anyone under the obvious effects of drugs or alcohol may be asked to leave.

10. Unless needed for essential reasons please keep phones on silent.

11. When opinions regarding choir matters are put to the group the choir leader will endeavour to be as equitable and fair as possible.

#### J. Dress Code

1. We celebrate individuality. However, for performances, we all must adhere to the specified dress code, which will be communicated.

2. Smart or casual comfortable attire that you can move in is appropriate for rehearsals. Ensure you are clean, and appropriately dressed for rehearsals and performances.

#### K. Communication and Media

1. Please direct all publicity and media-related issues to the choir leader by email.

2. Members must use social media responsibly and avoid posting anything that could negatively impact the choir's reputation.

3. Choir notices are usually provided during choir. They will also be posted in Facebook, on WhatsApp and important notices are also sent by email. If you have none of these forms of communication ask at choir for a "buddy".

4. Please try not call or privately message the choir leader directly to ask about performance information. If you are stuck and can't find the information that you need then ask a fellow choir member. Please help keep their need to respond to messages to a minimum.

#### L. Shares

1. During the sharing circle when doing a "weekly win" it's ok to share a weekly woe. Being authentic doesn't always mean being positive. Sometimes having a positive

experience means we need to express what is negative. We welcome all manner of shares but please refrain from anything defamatory or nasty.

2. Choir sessions are a confidential space and anything personal discussed during the sessions is respected and kept confidential.

3. We witness and we try not to judge.

## M. Breathwork Guidelines

The Soundbreathe Singers incorporates breathwork into our singing practice to enhance vocal production, expression, and overall well-being. To ensure a safe and comfortable experience for all, we ask members to adhere to the following guidelines:

1. Listen to Your Body: Pay close attention to your body's signals during breathwork exercises. If you feel any discomfort, light-headedness, or dizziness, stop immediately and gently return to your normal breathing pattern.

2. Respect Your Limits: Never push yourself beyond your comfort level. It's perfectly acceptable to modify exercises or take breaks as needed.

3. No Pressure: There is no expectation to achieve any particular state or experience during breathwork. Simply observe your breath and allow yourself to be present in the moment.

4. Confidentiality: Respect the privacy of others and refrain from sharing personal experiences or observations about other members' breathwork practices outside of the choir.

5. Non-Judgment: Avoid judging yourself or others during breathwork. Everyone experiences breathwork differently, and there is no right or wrong way to feel. If emotions arise that's ok and welcome.

6. Sharing Concerns: If you have any questions, concerns about the breathwork practices or feel uncomfortable with a particular exercise, please arrange to speak to the choir leader privately.

7. Medical Conditions: All the breathing exercises in the choir sessions are safe for any health condition, however please go extra gently if you suffer from Schizophrenia, Unmedicated bipolar disorder or psychosis, unmanaged PTSD, epilepsy or seizures, heart conditions or arrhythmia, COPD or pre-existing lung conditions, Delicate and/or first trimester pregnancy, High blood pressure (hypertension), Very low blood pressure with fainting history (hypotension), Severe asthma, Glaucoma and/or detached retina, Severe osteoporosis, Recent major surgery.

8. Drink plenty of water before, during, and after choir rehearsals, especially when participating in breathwork exercises.
9. Wear loose, comfortable clothing that allows for free movement during the breathing.
10. Approach breathwork with an open mind.

#### N. Breach of Code of Conduct and Dispute Resolution

1. Any repeated breach of these Terms and Conditions or Code of Conduct may result in you being asked to take some time away to reflect whether choir is right for you or as a last resort you may be asked to leave.
2. The choir leader will attempt to resolve any disputes amicably but the choir leader's decision is final.

#### O. Filming and Social Media

1. As a member, you agree that photographic, motion picture, electronic (video) images and sound and video recordings may be taken of all the members and used for training, feedback, advertising and marketing purposes in relation to The Soundbreathe Singers. If you do not consent to incidental inclusion in such materials that we may take from time to time you must notify your leader.
2. Members and their families/friends will be permitted to film or photograph The Soundbreathe Singers' shows providing the venue allows such actions and there is no additional charge to The Soundbreathe Singers by the venue.
3. Where filming or photography is permissible the following conditions must be met and members will need to ensure that their families/friends are aware of these conditions of filming prior to the performance.
4. The filming / taking photos is for personal use only and cannot be for any purpose for which any form of charge is made either immediately following the show or at any point in the future. If the film / photo is to be posted on social media then it should not contain any content that causes distress, discomfort or any other issues for other members or for our choir itself. In such circumstances we will request the footage to be removed.
5. Whilst filming / taking photos, consideration must always be given to the enjoyment of others in the audience. There should not be continual filming of the whole show and the camera used should be sufficiently small to not cause any

nuisance to others, including blocking their view of any performance. No additional camera equipment is to be used without prior consent (e.g. tripods or zoom lenses).

#### P. Data Protection

1. We take your data privacy seriously, your data is stored securely and used in compliance with data protection regulations (GDPR).
2. By becoming a member of our choir you agree for us to contact by phone and email.
3. If you choose you can also be added to our announcement WhatsApp notice group, a private Facebook group for notices and a Whatsapp Choir Chat group.
4. Any content in WhatsApp chat or Facebook groups made by members are not the responsibility of The Soundbreathe Singers' leaders and members are not obligated to join WhatsApp or Facebook groups.
5. We use an outside communication company for some choir communication. We will never give away or sell your data.

#### Q. Songs

1. Links to song files voice parts are provided on Google Drive.
2. The lyrics and music to songs we sing are used under license with permission granted from the relevant publishers. Additional vocal arrangements are created by Caroline Parry and are therefore the intellectual property of The Soundbreathe Singers, choir song files must not be shared with anyone without prior consent.
3. Lyric sheets are printed for you and are also available on the Google Drive

#### R. Changes

1. Soundbreathe reserves the right to amend these terms and conditions at any time.
2. We will always notify you of any changes to these terms and conditions.

If you've made it to the end congratulations! Now let's breathe and sing!

Contact your Soundbreathe Singers choir leader



Caroline Parry

Email: [soundbreathe@icloud.com](mailto:soundbreathe@icloud.com)