ART and the Central Council working together

FEEDBACK FROM:
'Question and Answer' Session
Saturday 8th May 2021

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How to support ringers who have lost confidence and are learning how to handle a bell while the '1m social distancing' restrictions remain in place:

- It may be possible for learners and teachers to take the giant step of allowing the learner to ring with support from a distance
- It may be possible to *demonstrate* techniques from a distance
- Could still provide learners with a 'dead rope' to take home with which they can practice ringing, raising and lowering technique
- Important to note that safety *always* comes before Covid-19 restrictions
    - If a rope is 'out of control' or 'going wild' then step in

- Important to ensure that *all* ringers remain involved with ringing and social activity until *everyone* is back to ringing in the chamber
    - So as to not 'leave anyone out'
    - May still need to continue with RingingRoom or Zoom activity even though some may have returned to ringing in the tower

- For ringers who have lost confidence, choose a tower that is familiar to them and has 'easy to handle' bells in an 'airy' environment to reintroduce them to ringing and allow them to gain confidence
- Try to remove areas of stress for the ringer who has lost confidence
    - Try not to introduce new concepts, eg. raising and lowering
    - Try to allow the ringer to ring a bell with which they feel most comfortable
- Remember to 'check in' with the ringer how they are feeling

- Generally, the feeling is that younger ringers are less concerned about Covid-19 and are more enthusiastic about returning to ringing

How to retain ringers who were beginning to ring just before Covid-19 and so may be 'starting again'?

- Try to keep them interested!
- Consider creating a 'learners' group' so that ringers can maintain social contact

What about ringers who have progressed to ringing more complex methods on RingingRoom but were not that advanced on tower bells?

- Acknowledge that RingingRoom provides learners with a different approach to learning
- May need to 'reset' goals on return to the tower – moving from the theory and method goals that RingingRoom may have allowed to handling or striking goals that tower bells offer
- Remember to value the progress that the ringer has made using RingingRoom
- Consider using RingingRoom as part of teaching programme
- Feeling now is that teachers have traditionally placed too much emphasis on 'practice on the end of a rope' and now realise that there is more learning and teaching that can take place away from the tower
- Feeling is that there will be a role for RingingRoom post-Covid-19
- Noted that RingingRoom offers a solution for keeping in touch with ringers who are unable to ring in towers (eg. other commitments, families, health) and may be a tool for improving diversity in the ringing community

Ventilation in towers:

- CCCBR have published comprehensive guidance by David Pouncy
- Ultimately it is about *air flow* and *air change*
    - Need for breezy air exchange
    - Fans do not remove 'virus air'
- Experts advise that it is impossible to model air flow around a room
- Use of CO_2 detectors is a good proxy for the strength of ventilation
    - This will not immediately affect return to ringing in towers
    - Is more about learning about our towers so that we know about ventilation if there should be a future increase in Covid-19
    - Aiming to test and assess ventilation now, while Covid-19 is lower, and it is therefore safer to do.
- Graph shows that CO_2 peaks when raising a bell
    - Due to increased effort
    - There is a direct relationship between effort and respiratory rate and CO_2 levels
- A good guide to assessing ventilation is the 'air freshener test'
    - If you spray air freshener into a room, the time it takes for the smell to disappear is the time it takes for the air to be exchanged
    - Covid-19 acts in the same way as an aerosol

    - If you spray air freshener in the morning, the likelihood is that the smell would have gone by the afternoon – so, if you breathe out Covid-19 virus in the morning, the likelihood is that the air would have been exchanged by the afternoon
- Advice is that open days and outings would not be a wise idea this summer due to flow of different people throughout the same tower
    - Particularly as it is more difficult to 'track and trace' members of the public versus ringers
- If aiming to hold competitions this summer, then best to choose towers with a door to the outside (eg. ground floor rings) rather than a small, enclosed tower up a spiral staircase

Lateral Flow Tests:
- These are NOT mandatory

Hand Sanitisers & damage to ropes:
- Ringers are to sanitise their hands before ringing and between changing ropes
- Sanitiser needs to be 70%+ alcohol content to be effective
    - Good news is that the higher the alcohol concentration the quicker it dries
- Sanitiser has not worked until your hands are dry
    - Therefore, you should not be touching a bell rope until your hands are dry, and so there is not likely to be any damage to ropes
- There is no time limit between swapping ropes, but hands must be sanitised in between changing ropes

Face Masks:
- Government advice suggests that social distancing *might* be relaxed in June, and rules regarding the use of face masks *may or may not* change

Social Distancing:
- Anticipated that >1 metre from 17th May and then <1 metre from 21st June
- Generally, if you are closer together, don't ring for so long

Attitudes to Risk:
- The aim is to provide every ringer with the information required to make an '*informed decision*'
- There is potential for bands to break up if there are significant differences in attitude to risk amongst the ringers
    - Recommended that bands discuss a return to tower ringing *before* actually setting foot in the tower
    - Eg. who is happy or not to wear a mask, ring with others who may or may not have been vaccinated etc.
    - Important to maintain sympathy, compassion and communication with *all* members of the band

- It is possible that younger ringers may be seen as a 'Covid-19 risk' (eg. less compliant with guidance, less likely to have been vaccinated) and therefore excluded – important not to let them become excluded

The return to ringing is just as much about communication with the band as it is about the rules and guidance

It is important to ensure that *everyone feels* safe, as well as actually being safe

It is important that everyone understands the rationale for any restrictions so that they can act in the 'spirit' of the guidance, whether or not there are specific rules