

FOR VIOLIN AND VIOLA PLAYERS:

BEFORE PRACTICING:

- Wash hands with soap and warm water (*not Purell*) before picking up your instrument
- Put the case on a **safe surface** to open it
- Hold your instrument by the neck and chinrest
- Put on your sponge or shoulder rest
- Unclip the bow and slide it out (**do not touch the bow hairs!**)
- Do not wave your bow or lean on it.
- Tighten the bow: turn the screw to the right 5 – 7 times
- Ask teacher to **straighten your bridge** and **check the fine tuners**

AFTER PRACTICING:

- **Loosen the bow:** When you are finished, turn the screw to the left 5 – 7 times
- Slide the bow back into the case and **clip it in**
- **Remove your sponge or shoulder rest** and store it back in the case or in the pouch
- **Clean the rosin off** of each string one by one, clean the whole instrument (under the bridge, under the tail piece...), and wipe off the bow stick
- Place the instrument back in the case and cover with the blanket or cloth.
- Never force your violin case shut

ALWAYS REMEMBER...

The instrument belongs in only **2 places**: in your hands when you are playing it, or in the case with the case shut when not in use.

No one touches your instrument except you and your teacher. Keep your instrument away from your siblings.

Keep your instrument in a **safe place**, away from heater / air conditioner / window, etc.

When transporting your instrument in the car, set it down flat on its back or on its side to **avoid putting pressure on the bridge**.

Do not leave your instrument in the car. Sun, heat, cold can harm the instrument.

Soak your Dampit **every night** and place it in your instrument **during the winter**.

Treat your instrument as if it is a baby – it is fragile and needs love!