



cherith,
Athlone Baptist Church,
West Lodge,
Athlone,
Co. Westmeath.
Tele: +353 90 6493336
Web: cherithabc.com

Dear Church,

The following guidelines have been prepared by the Cherith Leadership Team and are compiled based on the latest Government recommendations.

Nathan Dancey and **James Currie** are our nominated **COVID-19 Safety Representatives**. Please contact them if you have any questions about church and COVID-19.

Before church:

1. Please do not attend church if you have any COVID-19 symptoms or if you have been in contact with a suspected or confirmed case of COVID-19. Symptoms include fever, cough, tiredness, shortness of breath.
2. If you are in an 'at-risk' category, please contact church leadership before attending.
3. When you arrive at church, please give us your "contact and trace details" and wait to be seated by an usher.
4. Since our church is operating at a reduced capacity, you may not be seated in the main room. We are also using the back room and the ark for overflow space. People can watch the live stream from these areas. [And your car, if necessary!]

During church:

1. As far as possible, please maintain a 2m distance from those that are not part of your household.
2. Please try to limit touching of common touch-points, such as door handles and light switches, as this can cause cross-contamination.
3. Wash your hands regularly or use hand-sanitiser.
4. Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
5. Masks:
 - We ask that attendees wear masks during the church service.
 - If you do not have a mask, a disposable mask will be available at the door.
 - If you have been advised not to wear a mask for medical reasons, please let one of the COVID-19 Safety Representatives know.
 - Children under 13 are not required to wear masks.
 - A clear visor can be used as an alternative to a mask though they are not as effective as masks.
 - Masks are not an alternative to good hygiene practises.
6. If you **must** use the toilet, please wipe down the flush handle and seat with anti-bacterial wipes provided and dispose of the wipes in the bin. Parents of children are asked to ensure these procedures are complied with.
7. Singing:
 - COVID-19 is spread primarily through water droplets from an infected person's mouth. When singing, these droplets are projected further than normal. As such, we ask that attendees wear masks while singing.
 - Wearing a mask while singing can sometimes cause discomfort. This can be helped by singing more quietly or using a visor instead.
8. We ask that attendees bring their own bread and juice, to limit the risk of cross-contamination.

After church:

1. Please maintain physical distancing after the service.
2. If possible, socialise outside rather than inside.
3. If you develop symptoms within a week of attending church, please contact Dom or one of the safety representatives.

At all times:

Show grace. This is new for all of us, so we are going to make mistakes. Please be patient with everyone.

To facilitate potential contact tracing, we would also advise every attendee to download the COVID-19 tracker app.