

Bridlington Christian Fellowship

Registered Charity Number 1181529



BIBLE CENTRED FAMILY

RESUMING CHURCH SERVICES

COVID-19

INFORMATION BOOKLET

All of the information and guidelines contained in this booklet are, as far as we are aware, according to Government requirements on 19th October 2020.

We are also aware that Government guidelines may change as lockdown eases or if the virus becomes more prevalent and will endeavour to inform you of any changes as soon as possible.

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INTRODUCTION

We thank God that churches are now able to resume services and that Christians are once again able to gather together to sit under God's word. However, as we meet together things will be very different to how they were before due to the Coronavirus restrictions that have been placed on churches and the rest of society.

We need to demonstrate to one another, to our community, to wider society and to the relevant authorities that we understand our responsibility to minimise the risk of exposure to COVID-19 and keep people safe.

At all times we therefore need to follow Government guidelines which stipulate a number of things that we can and cannot do. These are:

What we **can** do

- meet together to worship and conduct services/meetings for this purpose
- hold communion services

What we **cannot** do

- meet together when it is not possible to adhere to social distancing
- have physical contact between different households/support bubbles
- sing
- partake of food and drink (apart from part of a communion service)

The aim of this booklet is to:

- ① outline current Government guidance on coronavirus
- ② help you to understand what measures will be put in place as we meet together

WE REALISE THAT THE REGULATIONS/GUIDELINES CONTAINED IN THIS BOOKLET MAY SOUND RATHER HARSH AND UNFRIENDLY BUT IT IS PART OF OUR WITNESS TO COMPLY WITH THESE AND THEY WILL THEREFORE BE STRICTLY ENFORCED. PLEASE DO NOT BE OFFENDED IF WE HAVE TO REMIND YOU ABOUT ANY OF THE REGULATIONS OR GUIDELINES THAT ARE IN PLACE TO KEEP US ALL SAFE AS WE MEET TOGETHER.



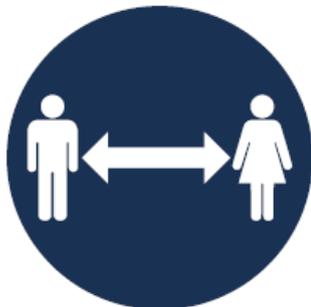
We must keep on protecting each other.



HANDS



FACE



SPACE

STAY ALERT ▶ CONTROL THE VIRUS ▶ SAVE LIVES

STAYING COVID-19 SECURE

The Trustees of Bridlington Christian Fellowship confirm that we have read and complied with the Government's guidance on managing the risk of COVID-19 in places of worship.

What we have done:

- carried out a COVID-19 risk assessment
- put practical measures in place to manage transmission risk including cleaning, hand cleansing and hygiene procedures, in line with Government guidance
- taken all reasonable steps to help everyone maintain 2 metre social distancing

What we expect you to do:

- not come to church if you are suffering from any symptoms of COVID-19 or have tested positive for COVID-19
- take responsibility for your own safety and that of your household and other people by wearing a face covering, maintaining social distancing and observing all hygiene measures
- ensure children are supervised at all times

OVERVIEW

We appreciate that there is a lot of information contained within this booklet. At a minimum, please remember the following when you come to worship services:

- Do not attend if you feel unwell (if you cannot attend for any reason please let us know).
- Doors open at 10.30am (only those who are involved in setting up for the service will be admitted before this time).
- Remember to bring a face covering, a drink and your Bible.
- Observe social distancing and refrain from any physical contact.
- Clean your hands regularly.
- Keep all your personal belongings with you.
- Follow the instructions of the stewards on entry, during the service and when exiting the building.
- Do not block entrances, exits or footpaths.
- Leave immediately if you become unwell with symptoms of coronavirus.

If you would like any clarification or have any questions about the information and guidance contained within this booklet please contact Aileen and Peter.

For the purposes of this information, please note the Government definitions for the following:

Household

A household is a person or a group of people who live together in the same accommodation.

Support Bubble

A support bubble is where a single adult living alone, or a single parent with children under 18, can form an exclusive network with one other household where social distancing does not have to be observed. It means that you can have close contact with that household as if they were a member of your own household. Once you make a support bubble, you should not change who is in your bubble.

ATTENDING CHURCH

Government regulations state that when meeting friends and family you do not live with or have formed a support bubble with you must not meet in a group of more than 6, indoors or outdoors. Communal worship services are however exempt from this as long as they follow the guidance outlined below:

Limits for communal worship should be decided on the basis of the capacity of the place of worship following an assessment of risk. The size and circumstance of the premises will determine the maximum number of people that can be accommodated whilst also facilitating social distancing.

To ensure that we do not exceed capacity admittance will be limited. If you are a regular attender we will contact you to ask if you will be attending services once they re-commence and would then ask you to inform us if you **will not** be attending on a given Sunday for any reason. Visitors should be encouraged to contact us beforehand to let us know that they wish to attend and will be admitted on a first-come, first served basis providing that there is room and until maximum capacity has been reached.

Face coverings are required by law to be worn in places of worship (except for under 11s and those with certain medical conditions). In the context of the coronavirus outbreak, a face covering is something which safely covers the nose and mouth, which are the main confirmed sources of transmission of the virus that causes coronavirus.

Please do **NOT** attend if you

- feel unwell for any reason
- have or think you have coronavirus
- live in the same household as someone who has or thinks they have coronavirus
- are in a support bubble with someone who has or thinks they have coronavirus
- have been recently exposed to a person who has coronavirus

See overleaf for guidance on signs and symptoms of coronavirus and what to do if you think you have coronavirus.

We also need draw your attention to the following Government advice. It is up to you to make an informed decision about whether to attend church or not on the basis of this.

Certain groups of people may be at increased risk of severe disease from COVID-19, including people who are aged 70 or older, regardless of medical conditions. Individuals who fall within this group are advised to stay at home as much as possible and, if they do go out, to take particular care to minimise contact with others outside of their household.

We do appreciate that some of you will be unable to attend services due to being unwell, due to the need to self-isolate for health reasons or due to the fact that you may not feel confident in doing so. We will therefore provide sermons/services as booklets and continue to upload videos to YouTube for those who cannot join with us.



CORONAVIRUS

STAY ALERT TO THE SYMPTOMS

**HIGH TEMPERATURE
OR NEW CONTINUOUS COUGH
OR LOSS OF TASTE OR SMELL?**

No one in your household should leave home
if any one person has symptoms.

There are **three main symptoms** of coronavirus:

1. New and continuous cough

Coughing a lot for more than an hour, or having three or more coughing episodes in 24 hours.

2. Fever

A temperature above 37.8°C or any new high temperature where you feel hot to touch on your chest or back. Please note that it is not always easy to take a temperature accurately. If you feel hot or shivery, you may have a high temperature even if a thermometer says your temperature is below 37.8°C.

3. Change in smell or taste

A noticeable loss of smell or taste or things smell and taste different to normal.

IF YOU GET JUST ONE OF THESE SYMPTOMS, YOU SHOULD GET A TEST AS SOON AS POSSIBLE AND NOT LEAVE HOME FOR ANY OTHER REASON.

Anyone you live with, or who is in your support bubble, should also self-isolate until the test result arrives.

TESTING AND SELF-ISOLATION

HOW DO I GET A TEST FOR CORONAVIRUS?

You can book a coronavirus test by:

- visiting the NHS website
- visiting the GOV.UK portal
- calling 119

HOW LONG DO I NEED TO SELF-ISOLATE FOR IF I HAVE SYMPTOMS OR TEST POSITIVE?

YOU MUST SELF-ISOLATE FOR AT LEAST 10 DAYS IF:

- you have symptoms of coronavirus and test positive, have an unclear test result or did not have a test
- you test positive but have not had symptoms

If you have symptoms, the 10 days starts from when the symptoms started. If you have not had symptoms, the 10 days starts from when you had the test. If you get symptoms after your test, you must self-isolate for a further 10 days from when your symptoms start.

You can stop self-isolating after 10 days if you do not have any symptoms or you just have a cough or changes to your sense of smell or taste (these can last for weeks after the infection has gone).

KEEP SELF-ISOLATING IF YOU FEEL UNWELL

Keep self-isolating if you have any of these symptoms after 10 days:

- a high temperature or feeling hot and shivery
- a runny nose or sneezing
- feeling or being sick
- diarrhoea

Only stop self-isolating when these symptoms have gone.

If you have diarrhoea or are being sick, stay at home until 48 hours after they have stopped.

HOW LONG DO I NEED TO SELF-ISOLATE FOR IF I LIVE WITH SOMEONE WHO HAS SYMPTOMS OR HAS TESTED POSITIVE?

YOU MUST SELF-ISOLATE FOR AT LEAST 14 DAYS IF:

- someone you live with or are in a support bubble with has symptoms of coronavirus and has tested positive, has an unclear test result or did not have a test
- someone you live with or are in a support bubble with has tested positive but have not had symptoms

This is because it can take 14 days for symptoms to appear.

The 14 days starts from when the first person in your home or support bubble started having symptoms or the day they were tested if they have not had symptoms. If they get symptoms after they were tested, self-isolate for a further 14 days from when their symptoms start.

You can stop self-isolating after 14 days if you do not get any symptoms.

KEEP SELF-ISOLATING AND GET A TEST IF YOU GET SYMPTOMS

Get a test to check if you have coronavirus if you get symptoms while you are self-isolating. If your test is negative, you must keep self-isolating for the rest of the 14 days. If your test is positive, you must self-isolate for 10 days from when your symptoms started. This might mean you're self-isolating for longer than 14 days overall.

HOW LONG DO I NEED TO SELF-ISOLATE FOR IF I HAVE BEEN TOLD TO BY NHS TRACK AND TRACE OR THE NHS COVID-19 APP?

YOU MUST SELF-ISOLATE FOR 14 DAYS IF:

- you get a text, e-mail or call from NHS Test and Trace telling you to self-isolate
- you get an alert from the NHS COVID-19 app telling you to self-isolate

This is because you have been in close contact with someone who has coronavirus and there is a chance that you may have caught it. You need to self-isolate for 14 days because it can take 14 days for symptoms to appear.

HOW TO SELF-ISOLATE

YOU MUST NOT LEAVE YOUR HOME IF YOU ARE SELF-ISOLATING.

You must not:

- go to work, school or public places
- use public transport or taxis
- go out to get food or medicines (order it online or ask someone to get it for you)
- have visitors in your home including friends and family (except for people providing essential care)
- go out for exercise (exercise at home or in your garden)

If you are worried about your symptoms or not sure what to do then

use the NHS 111 online coronavirus service

<https://111.nhs.uk/covid-19>

or

call 111 if you cannot get help online

Do not go to places like a GP surgery, hospital or pharmacy.

TRAVELLING TO CHURCH

Public transport

If you use public transport you must wear a face covering. You should also wash your hands before and after travelling and make sure that you are socially distancing from others.

Private cars

Government guidance states that you should try not to share a vehicle with those outside your household or social bubble. If you need to share a vehicle please try keep to the following guidelines:

- share the transport with the same people each time
- open windows for ventilation
- travel side by side or behind other people, rather than facing them, where seating arrangements allow
- face away from each other

- consider seating arrangements to maximise distance between people in the vehicle
- clean your car between journeys, making sure you clean door handles and other areas that people may touch
- make sure that the driver and passengers wear a face covering

ENTERING THE CHURCH BUILDING

The doors will open at 10.30am. While waiting to enter please ensure that you maintain 2 metre social-distancing. We will be unable to admit anyone before this time in order to allow time and ensure social distancing for those setting up.

Verbal symptom checks and a temperature check using an infrared temperature gun will be made by the door steward before you are allowed to enter the building. If you have a high temperature of 37.8°C or more then, unfortunately, you will be unable to come in.

On entry please use the hand sanitiser gel.

We are also required to take details of those who enter the church and attend the service for NHS Track and Trace purposes. Your name and a contact number will therefore be taken by the door steward. We will only use this information to contact you in the event that we believe you may have come into contact with a suspected case of COVID-19 at Bridlington Christian Fellowship and it may be necessary to share your details with NHS Test and Trace if they are requested for contact tracing and the investigation of local outbreaks. These details will be retained for 21 days in line with government guidance and then disposed of within the following 7 days.

After entering the building and once all the relevant checks etc have been made please go straight into the main room where you will be guided to your seat by a steward.

Apart from the foyer, main hall and disabled toilet there is no permitted access to all other areas.

SEATING ARRANGEMENTS FOR THE SERVICE

You will be allocated a set seat and should sit in the same seat and with the same people each week. Children are expected to sit with their parents during the service.

A seating plan will be produced to ensure social distancing and that you sit in household groups/bubbles of not more than 6.

DURING THE SERVICE

Fellowship and Physical Contact

We must refrain from any physical contact with others (ie: hugging, shaking hands) as we need to ensure that we keep to the 2 metre social distancing rule wherever possible. It is allowable within the guidance to have conversations both inside and outside the building whilst remaining 2 metre distanced but due to space constraints inside we ask that you do not do so in order to ensure this and that access routes are not blocked. If you want to have conversations outside please ensure that access ways are not blocked and 2 metre social distancing is possible.

Preaching

Preaching will be undertaken as normal and the preacher will be a minimum of 2 metres from any other person at all times and will remain so throughout the service. A PA system will be used.

In addition to the preacher another person may assist in the service by leading, reading the Bible, presenting a children's talk or giving notices. They will follow the same distancing guidelines as the preacher and use a PA system.

Separate microphones and lecterns will be used in the case of more than one person participating in the leading of the service.

Those preaching, leading or assisting with services are not required to wear a face covering whilst engaged in these activities but should wear one at all other times.

Singing etc

Congregational singing is not allowed but we will however play hymns as part of the service. Words will be projected onto the screen if possible or printed word sheets will be placed on each chair prior to the service and should then be taken

away at the end to be disposed of. We will also be unable to participate in corporate prayer or Bible reading.

Bibles

You should bring your own Bible with you for use during the service. The church Bibles will not be available to use.

Communion

Communion services are allowed within the guidance but additional measures will need to be put in place for the serving of Communion due to the added risks of the sharing of bread and wine in close contact. We will not therefore be starting Communion services immediately in order to allow us to become familiar with all of the other measures that have been put in place. We aim to introduce these from January 2021 and will issue further guidance before the first Communion service.

Sunday School

At the present time we will not be running Sunday School due to the additional measures that would need to be put in place to allow this to happen. Children should therefore sit with their parents during the service.

Giving

Due to the risk of the virus being spread through the handling of money we would encourage you to give via direct debit/standing order if possible. If you are unable to do this, the offering box will still be available each week but money will not be counted until 72 hours later.

Toilet Facilities

We encourage you to use your own facilities before attending the church to minimise the need to use the facilities at the centre during or after the service. If you do need to use the toilet facilities whilst at church please use the **disabled toilet only**. Children under the age of 11 must be accompanied to the toilet by an adult. The stewards will clean the toilet facilities after each use.

Ventilation

Doors and windows and will be left open to allow ventilation where it is appropriate and safe to do so. However, this may not always be possible in order to maintain an acceptable temperature.

Drinks

We will not be serving refreshments after the service and there will be no access to the kitchen. If you think that you may need a drink during the service please bring a flask with you and keep this on the floor by your seat.

Coats etc

Coats, bags and other personal items should be kept with you and not left in a shared area.

WHAT TO DO IF YOU BECOME ILL DURING THE SERVICE

If you become ill with symptoms of COVID-19 during the service please leave immediately, return home and seek guidance from NHS 111 as to self-isolation and testing.

Please also ensure that you contact either Aileen or Rosemary when you get home in order that others can be informed about the situation.

Anyone known to have been in close contact with the individual will be requested to wash/sanitise their hands as soon as possible and any surfaces likely to have been contaminated will be cleaned and disinfected as soon as possible.

Depending on the circumstances, the Trustees and Safeguarding Team will decide whether the service should continue or be brought to an early conclusion.

All attendees will be informed if someone is taken ill with suspected coronavirus and the management of the Community Centre will also be notified. You will not be required to take any specific action unless you or someone in your household develops coronavirus symptoms or you are advised to by NHS Test and Trace.

IF A SITUATION OCCURS WHERE THE ABOVE NEEDS TO BE IMPLEMENTED SERVICES WILL INEVITABLY BE DISRUPTED. HOWEVER OUR PRIMARY RESPONSIBILITY IS TO ENSURE THE SAFETY OF THOSE ATTENDING AND THAT WE MINIMISE THE RISK OF EXPOSURE TO COVID-19.

EXITING THE CHURCH BUILDING

Once the service has finished, please remain in your seat until a steward asks you to leave. Please exit the church building promptly and use the hand sanitiser gel as you leave.

After leaving the building you should not congregate around the exit. Where people want to have conversations these should be in places where access ways are not blocked and 2 metre social distancing is possible. Please remember that groups of more than six people are not allowed in any setting, including outdoors – this is enforceable in law and fines can be issued to anyone in breach of this.

We would also ask that you respect our neighbours and community by not blocking the footpath outside the church.

HYGIENE AND CLEANING

One of the best forms of protection against COVID-19 is good personal hygiene at all times.

Signs are placed at key points around the building reminding people to follow the basic principles of personal hygiene in order to reduce the spread of COVID-19.

These basic principles are:

- washing your hands more often with soap and water for at least 20 seconds or using hand sanitiser where soap and water is not available
- using paper towels to dry hands or where sanitiser is used allowing it to dry naturally
- avoiding touching eyes, nose and mouth with unwashed hands
- covering coughs or sneeze with a tissue, then throwing the tissue in a bin and washing/sanitising hands

Hand sanitiser should be used on entering and exiting the building. Additional hand sanitiser and anti-bacterial wipes will also be placed at different points in the building.

As well as the general principles of personal hygiene set out above the following good cleaning principles will also be followed in order to help to prevent the spread of the virus. The following areas and 'touch points' will be cleaned with antibacterial wipes/sprays during and/or after the service:

- toilet flush and seats
- taps and washing facilities
- door handles
- light switches
- table tops
- chairs
- audio/visual equipment
- other equipment (eg: keyboard, lectern)

If possible, please take all waste home with you to dispose of.

TEAMS

We do appreciate and value the help that many of you give to set up for and clear away after services. However, in order to ensure that guidelines are followed and that social distancing is maintained whilst setting up and clearing away only those who are part of the Stewarding Team, Setting-up Team or Cleaning Team will be able to help with this.

CANCELLATION OF SERVICES

Services may need to be cancelled in line with local guidance or if a local outbreak of coronavirus raises the level of exposure to risk. Current Government guidance however allows for places of worship to remain open for all COVID-alert levels (ie: medium, high and very high) subject to social contact rules to ensure that you do not mingle with anyone outside of your household or support bubble.

We could also face the situation where member of the congregation who was present at a Sunday service subsequently tests positive for coronavirus. Even if there is no requirement for the whole congregation to self-isolate as a result of this, we may make the decision to suspend services temporarily in order to minimise the risk to one another and the local community.

If any of these situations occur, then service booklets and sermon recordings will be made available.

PRAYER

It is vital that we pray as the coronavirus pandemic continues. Below are some suggested points for prayer:

1. thank God for His continued blessings and pray that He would help us to see these day by day
2. that we would know patience, long-suffering, and contentment in the face of the inconveniences we face and would be encouraged and strengthened by knowing that God has, is and will always be sovereign and faithful
3. wisdom for the Government and its scientific advisors as they seek to respond to the many variables and unknowns of the COVID-19 crisis and make difficult decisions on our behalf about whether to ease restrictions or if further measures need to be put in place to minimise its spread
4. that we would joyfully obey the coronavirus advice and restrictions both for our own good and the good of others and in doing so provide a Christian witness to a watching world
5. the continuing impact of coronavirus on the economy, businesses, health care services and schools
6. for the many people in our community, our nation and the world who are living with tremendous uncertainty, especially in terms of health and finances
7. for all the Christians across the world who are suffering because of the coronavirus pandemic and that they will fix their eyes on Jesus and learn to trust utterly in Him
8. that God would have mercy on our nation and that many would come to Christ because they have been shaken out of false security by all that we have experienced and are experiencing as a result of the coronavirus pandemic
9. for a swift end to the coronavirus outbreak and that a vaccine may be developed quickly

USEFUL TELEPHONE NUMBERS

Peter Moss 07900223573

Aileen Moss 07971693859

Rosemary Gray 07906476468

NHS Coronavirus Advice 111

SOURCES OF INFORMATION

<https://fiec.org.uk/resources/series/coronavirus>

www.ageuk.org.uk/information-advice/coronavirus

www.gov.uk/guidance/coronavirus

www.nhs.uk/conditions/coronavirus-covid-19