

# **Guidelines for Individuals**

## **Cokes Chapel UMC In-Person Gatherings<sup>1</sup>**

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**The following guidelines and considerations are offered in hopes of mitigating risks. Please acknowledge that NO plan for safety is risk free. Therefore, these guidelines will NOT eliminate risks.**

**Stay home** if you are exhibiting any of the following COVID-19 symptoms or if you have had close contact with a person exhibiting any of these symptoms:

- Fever
- Coughing
- Sneezing
- Shortness of Breath

If you or any member of your family **test positive for COVID-19** and have attended In-Person Worship or gatherings at Cokes Chapel within 14 days, notify Pastor Lisa Dempsey at [ldempsey@cokechapel.org](mailto:ldempsey@cokechapel.org). Such is necessary for the overall safety of the community per the Cokes Chapel Emergency Plan.<sup>2</sup>

### **Social Distancing**

- Maintain a minimum of 6 feet of separation at all times, between individuals or family units. (i.e., A family unit consists of all people who arrived together in the same vehicle or live in the same household. Family units do not need to socially distance themselves.)
- Have NO physical contact (hugging, shaking hands, etc.).
- Social distancing must also be kept regarding restrooms. Ensure 6 feet of social distancing while entering, using, and leaving the restroom.

### **Masks**

- A face mask is required for everyone except for those with medical conditions or children under the age of 2 years.
- People should bring a face mask from home. Those without a mask are to be provided one by the church.
- While INDOORS masks are to be worn at all times.
- While OUTDOORS masks are to be worn at all times, unless people are stationary and distanced at least 6 feet apart.
  - “MOVEMENT MEANS MASK”—Any time movement is taking place (i.e., moving to a seat, getting in and out of a car, going to a restroom, etc.), a mask must be worn.
  - When OUTSIDE, once you are stationary and seated 6 feet away from others outside your family, you may remove your face mask.

### **Hand Sanitizer**

- People should bring from home individual hand sanitizer for each person or family unit. Proper and routine hand washing and use of hand sanitizer for all is strongly encouraged.
- Hand sanitizer should also be provided at hand sanitizing stations and/or in individual bottles. Have sanitizer stations available at all points of entrance and egress AND near any anticipated points of contact with surfaces within the space.
- Be vigilant about hand and face hygiene. Do not touch your face. Sanitize your hands after removing your mask.
- Sanitize hands each time before and after touching/using anything that others may touch.

**Singing--** Given that any kind of group singing presents a high risk, group singing of any kind should NOT be part of any gathering.

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<sup>1</sup> The following “Guidelines,” recommended by the CCUMC Health & Welfare Team are based on guidance from the NGUMC, the CDC and state and local health authorities. The “Guidelines” were approved as written by the Cokes Chapel Church Council on June 24, 2020. For additional resources see “Addendum A: Some References and Resources.”

<sup>2</sup> See “Cokes Chapel UMC Emergency Plan for Confirmed COVID-19 Infection”