

### **Guidelines for attendance at Church**

As we begin to re-open our Churches for Sunday Services (initially only Dunning Parish Church) there are some new protocols that require to be followed and these are outlined below. One of these protocols involves a restriction on numbers attending to allow for social distancing. We are also required to keep a register for the purposes of Contact and Trace. In order to allow us to comply with these protocols we are introducing a booking system for Sunday Services. One of our Elders, Susan Gray, has very kindly offered to be the point of contact for those wishing to attend a Sunday Service. Details of how to book are outlined below.

### **Protocols**

1. The Church of Scotland / Presbytery has provided all congregations with the attached Appendix 4 (see below), which will give you an indication of your vulnerability and enable you to assess whether it is sensible for you to attend. **Please read this Appendix and calculate your score.** The current recommendation is that if your score is 6 or higher it might be wise to stay at home for the moment.
2. **If you have any Covid-19 symptoms, or feel unwell, please stay at home, for the safety of all.**
3. **Please book your place by contacting Susan Gray by telephone on 07764149651 after 6pm but before 9pm, preferably Monday to Thursday.** Please note that if, due to the restrictions on numbers, you are disappointed one week you will be given priority to attend the next Sunday Service of worship provided you advise Susan that you wish to attend the next available Sunday Service at the time of calling. **If having booked, you are unable to attend, it would be appreciated if you could let Susan know.**
4. **Please bring and wear a face mask.** Spare masks and disposable gloves are available on site.
5. On arrival **please join the 2m distanced queue outside the church and enter one at a time.** On entering the porch **please use the hand sanitiser;** thereafter please be prepared to sit where you are directed to minimise personal contact. **Please remember to keep the 2m distance rule.** The intention is that seats will be filled from the front to the back on entry. We would request that you remain where seated and do not seek to move to an alternative seat.
6. There will be an organist as usual (unless ill or on holiday) but there will, unfortunately, be **no singing** until allowed by the Scottish Government.
7. An Offering Plate will not be passed round during the act of worship. **There will be an Offering plate in the vestibule as you enter.**
8. By law **we must record the contact details of one person from each 'group'** who attends worship, and retain this information for three weeks. Susan will take this information from you when you book with her to attend.
9. After the service please remain seated until asked to leave. The intention is that those at the back will exit first to seek to avoid people passing each other. **Please remember to keep the 2m distance rule.**
10. Volunteers will be assisting on the day.
11. **Please use the hand sanitiser on exiting the Church.**
12. The Church will be cleaned professionally prior to the next act of worship and no entry should be taken to the Church at any time without first contacting our Fabric Convenor, Maarten Versteeg.

**APPENDIX 4 – Assessment ‘Tool’ for individual and group health risks**

**(as published by the Church of Scotland in: “Covid-19 (Coronavirus) Reopening of Church Buildings”)**

The assessment ‘tool’ below helps you to see how different risk factors may combine to give serious health complications should you catch the COVID-19 virus. It does not include the factors that may make you clinically extremely vulnerable, where you should be following the guidance for those who are ‘shielding’. It includes the factors where there is significant statistical evidence but does not include any rarer conditions which you may have, so this only offers a starting point. You may want to discuss the results with your doctor or with those who have expectations about your involvement with church life. This should be read alongside the full text of the Church of Scotland’s “Covid-19 (Coronavirus) Reopening of Church Buildings” which includes guidance about minimising risks in the church context, and other government or local advice about staying safe. We are not claiming medical expertise in sharing this way of scoring your risk but giving a way to show how serious catching the virus may be for you or the groups using your church building(s). Circle the score next to each one that applies to you and add up your score.

Risk Factor		Score
Age	50-59	1
	60-69	2
	70-79	4
	80 and over	6
Sex at birth	Male	1
Ethnicity	Caucasian	0
	Black African Descent	2
	Indian Asian Descent	1
	Filipino Descent	1
	Other (including mixed race)	1
Diabetes & Obesity	Type 1 & 2	1
	Diabetes Type 1 & 2 with presence of microvascular complications or HbA1c $\geq$ 64mmol/mol	2
	Body Mass Index greater than or equal to 35 kg/m <sup>2</sup> online BMI calculator: <a href="http://www.nhs.uk/livewell/healthy-weight/bmi-calculator">http://www.nhs.uk/livewell/healthy-weight/bmi-calculator</a>	1
Cardiovascular disease	Angina, previous heart attack, stroke or cardiac intervention	1
	Heart Failure	2
Pulmonary (lung) disease	Asthma	1
	Non-asthma chronic pulmonary disease	2
	Either of the above requiring oral corticosteroids in the last year	1
Malignant neoplasm (cancer)	Active malignancy	3
	Malignancy in remission	1
Rheumatological conditions	Active treated conditions	2
Immunosuppressant therapies	Any indication	2
Total Score		

A score of under 3 indicates a lower risk, but you should still be following the guidance for staying safe. A score of 3-5 suggests a greater risk and you should consider ways of reducing your risk by taking additional precautions or avoiding some activities. A score of 6 or more suggests a high risk and indicates that you should continue to work or participate in church life from your home. The scoring is based on an article from the British Medical Association website.

Risk Stratification tool for Healthcare workers during the CoViD-19 Pandemic; using published data on demographics, co-morbid disease and clinical domain in order to assign biological risk: David Strain, Janusz Jankowski, Angharad Davies, Peter English, Ellis Friedman, Helena McKeown, Su Sethi, Mala Rao medRxiv 2020.05.05.20091967; doi: <https://doi.org/10.1101/2020.05.05.20091967>