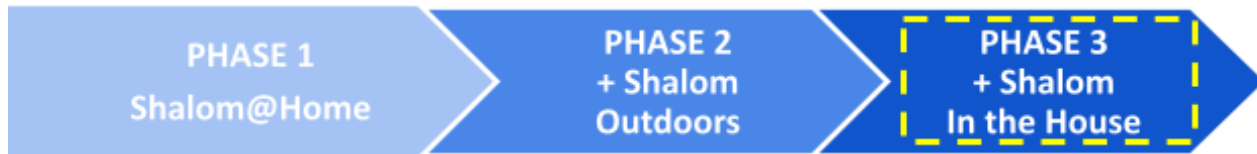


Shalom Opening and Closing Guidelines during COVID-19 pandemic

Last updated: 6/23/2021

At Shalom, we are committed to maintaining our welcoming and inclusive mission as we consider our response to the ever-changing pandemic reality. As we consider opportunities to gather again, we seek to hold ourselves to the highest possible standards of compassion and accountability in ways that are as welcoming and inclusive as possible.

With that goal in mind, your Administration and Ministry Councils are collaborating on a 3-phase plan for guiding our Shalom-sponsored activities.



	PHASE 1	PHASE 2	PHASE 3
Worship Services	Online	Online/ In Person outdoors	Online/ In Person indoors
Committee/Team meetings	Online	Online/ In Person outdoors	Online/ In Person indoors
Formation	Online	Online/ In Person outdoors	Online/ In Person indoors
Nursery/Child-care	Suspended	Suspended	In Person
Other activities		Online/Outdoors	Allowed

Decision Guide

The decision to move from phase to phase will be made based upon specific metrics of decreasing or zero new cases of Covid-19 over at least three consecutive weeks within our city/county and health district. ([city](#), [county](#), [health district](#)...) This may be more restrictive limit than what is legally allowable.

- Move to Phase 2: 3 weeks of 7-day average new cases reported/100,000 people is < 12 and test positivity rates are < 5%
- Move to Phase 3: 3 weeks of 7-day average new cases reported/100,000 is <5 and test positivity rates are < 3%
- If we maintain Phase 3 metrics above for the duration of the summer we anticipate moving to less restrictive gathering practices in September 2021.

Updated Virginia data and guidelines may require that we increase restrictions at any point in the future depending on the spread of variants. These guidelines will be reviewed as needed, and at least at every Administrative Council meeting (bi-monthly). Any updates or changes will be communicated to the congregation as soon as possible via email, text, and our shalommc.org website.

During every phase:

WE AGREE TO STAY HOME IF:

(any ONE of the following)

- You have a temperature of 100.4 or higher.
- You have other symptoms of illness. (CDC Guidelines)
 - Cough (new in last 5 days)
 - Shortness of breath or difficulty breathing
 - Fever
 - Chills
 - Muscle pain
 - Sore throat
 - Loss of taste or smell
- You have been exposed to someone with COVID-19 or COVID-19 symptoms. If there is *any* chance you might be a risk to others, please stay home.
- You are in a Vulnerable group. (CDC Guidelines)
 - Over the age of 60 and are not fully vaccinated against COVID-19
 - Compromised immune systems or comorbid condition (e.g. high blood pressure, obesity, diabetes, asthma, chemotherapy) and are not fully vaccinated.

WHEN ATTENDING A GATHERING:

- Before coming to a gathering, take your temperature and that of any member of your household including children to ensure it is below 100.
- Wear a mask covering your nose and mouth.
- Use hand washing / sanitizing stations on the way in and out of a gathering and Wash / sanitize your hands frequently.
- Practice physical distancing by staying at least 6 feet apart.
- Sit only with your cohabitating family/friends in marked sections.
- WAVE. Do NOT shake hands or hug people outside of your “pod”.
- Use a tissue if you cough or sneeze.

WHAT IF I AM VACCINATED?

Hooray! That’s wonderful. All of these guidelines apply even if you are fully vaccinated, for the following reasons:

1. **We will do what we can to be “in this together” and not create separate classes of individuals.**
2. People will emulate the behavior they see modeled, so we are well-served to have all people following the same set of guidelines.
3. These are sensible measures to follow to protect one another from viruses other than COVID-19 as well, such as colds and flu even though vaccinated individuals are much less likely to transmit COVID-19 to others.

COMMITMENT TO REMOTE PARTICIPANTS

We recognize that we have gained numerous attendees, community members, and important new ways and habits of connecting during the time of Shalom@home. Even as we consider returning to in-person gatherings, we remain committed to supporting remote participation in worship and community meetings for the foreseeable future, as a way to engage vulnerable and geographically distanced congregation members, as well as reducing unnecessary travel time or fuel use among locals.

PHASE 1 GUIDELINES

ONLINE-ONLY MEETINGS

- Worship will continue to be led from EMS with only those involved in leading the service present

SMALL OUTDOOR GATHERINGS

- Informal personal gatherings, small groups of <10 people, MYF can happen outdoors
- Masks covering nose and mouth must be worn (age 2+)
- Maintain 6 feet between yourself and others not in your household / pod group.
- No handshaking or hugs.
- No singing

PHASE 2 GUIDELINES

IN-PERSON OUTDOOR GATHERINGS (current guidelines for social gatherings restricted to 50 people outdoors as of 4/29/21 and will be lifted entirely on June 15, 2021)

- Sit ONLY with cohabiting / pod family/friends.
- Singing outdoors is OK with masks on and family groups must be separated by at least 12 feet.
- Maintain 6 feet between yourself and others not in your household group.
- Consider gathering in a circle, so that nobody is behind other people (the most unsafe place to be in terms of viral aerosolization); leaders can be in center
- Handshakes and Hugs: it is important to agree with another person what kind of contact they welcome. If in doubt, bump elbows, or offer a sign of peace with clasped hands -- one way to graciously connect while respecting personal boundaries.

IN-PERSON INDOOR WORSHIP

- Attendance limited to 25 people total in the dining hall.
- Open doors between spaces to allow for airflow. Open windows, weather permitting.
- Sit ONLY with cohabiting family/friends/pod group.
- Nursery is closed. Parents can help your children adhere to these guidelines in age-appropriate ways. You may want to bring your own activity materials for coloring / drawing, etc.
- Hands will be sanitized or washed as you enter the gathering / worship space.
- Masks covering the nose and mouth **must** be worn.
- Maintain 6 feet between yourself and others.
- Please use marked entrance and exit doors and observe posted signs. All other areas and entrances are closed.
- Only the cafeteria and marked bathrooms will be used. One person or family group at a time in the bathrooms always.
- Seating is available where chairs have been set-up; please do not move chairs to different areas.
- No eating or drinking in the building.
- Leaders should speak and/or sing with masks at least 12 feet from others.
- Singing indoors is still a high risk activity and must be done while wearing masks. Attendees are encouraged to sing quietly. Music will continue to be a significant part of

the service.

- Handshakes and Hugs: it is important to agree with another person what kind of contact they welcome. If in doubt, bump elbows, or offer a sign of peace with clasped hands -- one way to graciously connect while respecting personal boundaries.
- Offering baskets are available at worship space exits.
- Attendees are expected to leave the building immediately after they have been dismissed. Please do not congregate in the halls, foyer or main meeting space.

PHASE 3 GUIDELINES

IN-PERSON OUTDOOR GATHERINGS - follow updated guidelines from CDC for safe outdoor numbers (as of June 15, 2021 Governor Northam has lifted restrictions on participant number for outdoor gatherings)

- Sit with cohabiting family/friends/pod group.
- Masks covering the nose and mouth must be worn. The CDC still recommends wearing a mask, even for vaccinated individuals when attending crowded outdoor events.
- Maintain 6 feet between yourself and others when possible.
- Parents can help their children adhere to these guidelines in age-appropriate ways.

IN-PERSON INDOOR GATHERINGS/WORSHIP

- Attendance will be limited to 90 people in the dining hall (based on a ratio of 40 square feet per person)
- Singing - with masks
- Leaders speak and sing with masks
- Sit with cohabiting family/friends. (Room will be set up in groupings)
- Masks covering the nose and mouth must be worn.
- Maintain 6 feet between yourself and others.
- Hand sanitizer will be available throughout the space.
- Handshakes and Hugs: it is important to agree with another person what kind of contact they welcome. If in doubt, bump elbows, or offer a sign of peace with clasped hands -- one way to graciously connect while respecting personal boundaries.

PHASE 4 GUIDELINES

IN-PERSON INDOOR & OUTDOOR: (after Labor Day & Retreat)*

- Dedicated formation class spaces open
- Nursery Open
- No RSVP needed
- Masking and Distancing optional
- Please wash/sanitize hands as needed

* (no metric is currently defined for Phase 4 -- Admin Council will revisit)

GUIDELINES FOR REVERTING BACK TO PHASE 1 / VIRTUAL MEETINGS ONLY

Administrative Council may elect to move back to online-only under any of the following reports or conditions. Congregation members will be immediately notified via email and/or text message.

- Anyone who has active COVID and has been in the church building / in contact with church staff and/or someone in the congregation within the previous week
- Anyone who has symptoms of COVID (such as fever, chills, cough, loss of taste/smell, etc.) and has been in the church building / in contact with church staff and/or someone in the congregation within the previous week
- Anyone who has been told they've come into contact with someone positively diagnosed and has been in the church building / in contact with church staff and/or someone in the congregation within the previous week
- A significant localized outbreak to the church or staff (or key volunteers) home locations
- Increase in city/county reported cases of COVID more than 10% of the state report for more than three consecutive days
- Governor begins to re-order public closures (restaurants, bars, gyms, etc.) of either the county, region or state

NOTE:

If anyone who attends worship tests positive or develops symptoms, please email the church office / pastors without delay.

In-person meetings will cease immediately and everyone who may have had contact or been exposed will be notified.

The Health Department will also be notified with your contact information.