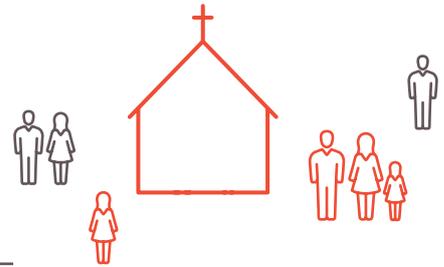


# Stay SAFE at church



## S

### Stick to the **rules**

- Follow advice and instruction issued by the kirk session at all times
- Follow arrangements for signing up in advance to attend activities or organisations
- Follow signage for entering, using and leaving the building



## A

### Assess the **risks**

- If you are displaying any of the symptoms of COVID-19, or have been in close contact with anyone displaying such symptoms, do not attend any church activities or organisations
- Take primary responsibility for your own health and wellbeing by carefully considering the level of risk involved in coming to any gathering of people at church
- Do not feel under any pressure to be present if you are uncomfortable about any aspect of attending

## F

### Foster good **routines**

- Wash your hands before, after, and during if necessary, time spent in the church premises
- Arrive in good time and leave promptly to limit unnecessary contact with others
- Be aware of what is involved in applying social distancing from others at all times



## E

### Encourage individual **responsibility**

- Hold yourself and others lovingly accountable for taking advice and instruction seriously
- Resist the temptation to become careless about compliance as necessary practices become more familiar as week follows week
- Be understanding of limitations on normal activities remaining so that we might love our neighbour as we love ourselves