

Covid Guidelines for Attending Shul Activities & Services

As from 21 December 2021

While these restrictions remain challenging, these rules have been set up to help reduce the risk of spreading the Covid-19 virus. However, the risk of the spread of the virus can never fully be removed (in common with many other daily activities that we normally undertake) nor can we guarantee that the shul site will be Covid-free. You should understand the personal choice you are making when attending services and if you do attend, we require absolute compliance with the following rules including a strict adherence to social distancing rules.

Attendance

- **All attendees must take a lateral flow test before attending any Shul activities or services.**

Tests should be taken as soon as possible before attending and immediately before Shabbat in that case.

Where an individual is attending more than once per day, only one test is needed before the first visit.

- It is recommended that all those who are eligible to have the Covid vaccine, do so before attending services
- Those who are extremely clinically vulnerable or immunocompromised, as well as those who live with them, should use their judgement as to whether to attend, even if they have been vaccinated
- Please note that the Chief Rabbi has ruled that you have a religious imperative to have the vaccine in order to protect yourself and those around you, unless medically advised not to. We now know that the Omicron variant is more transmissible than Delta, and of the vital need for anyone eligible to have their booster as soon as possible to strengthen their protection.

Please do not attend shul if:

- you are feeling even slightly unwell on the day or are displaying symptoms of Covid (cough, temperature, loss of smell/taste, headache, runny nose, sneezing, sore throat)
- have tested positive or have been asked to self-isolate/quarantine by NHS Test and Trace
- you live with someone who has tested positive and/or has been identified as a close contact by NHS Test and Trace

When you arrive

- **All attendees over the age of 11 must wear a mask indoors**
- Please ensure you wash your hands at the outside sink by the main doors to the Wiseman Linden Hall before entering the building/s. Alcohol based anti-bacterial sanitiser is available inside should you need to clean your hands again
- Please keep socially distanced from anyone else and we ask that you do not shake hands or greet each other with physical contact
- It is recommended that you bring your own prayer books and tallisim although these will be available to borrow should you need. Please use hand sanitiser before and after use and follow the instructions in regard to where to leave them at the end of the service
- Although the cloakrooms are available for your use, it is preferable if you keep all your belongings with you at all times

Taking your seat

- Please follow any instructions from the stewards, in particular regarding where to sit
- Alternate seats will be set up in order to maintain a level of social distancing in the Synagogue. Where a seating plan is not in effect, there will be a selection of adjacent seats that will be made available on a first come first served basis so that members have the opportunity to sit next to someone they arrived with. In the Synagogue, you must only sit in a clearly labelled green 'Please sit here' marked seat
- Currently we are not allowed to operate the air conditioning or fans due to Covid-related regulations
- It should be noted that we will need to keep the windows and doors open for ventilation purposes and therefore you may wish to wear warm clothing on cold days

Youth and Children's Services

- The Youth Service, Children's Service and the Toddler's Service will be set up with spacing equivalent to alternate seats in order to maintain a level of social distancing

After the service

- In the event of a confirmed case of Covid, please inform the shul office as soon as possible