

## Participant Guidelines for attending Outside Socially Distanced Gatherings

The guidelines below are provided with wisdom and safety in mind as we prepare to gather. We are navigating many recommendations and guidelines from state and federal public health agencies.

### Guidelines:

- BYOE: Bring your own everything: Chair or blanket, and water and snacks as needed.
- Seating: When you arrive, place your chair/blanket in the marked spot.
- Check-in: All attendees must check in with the group leader upon arriving. You will be asked health screening questions.
- Masks: Attendees need to wear masks covering their mouth and nose for the entire event. Participants may remove masks briefly to eat or drink, but must be put back on as soon as possible.
- Physical distance: Please maintain a distance of 6ft or more (estimate 2 arm lengths) between you and others.
- Hugs & high fives: We are all so grateful to see each other and it will be natural to want to reach out and connect physically with one another. Though it will be hard to do so, we discourage any physical contact at this time.
- Stay home: If you or someone in your household is experiencing COVID symptoms. This is a way we honor and love one another.  
Symptoms include:
  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea
- Restrooms: Our building remains closed except for staff and essential personnel. This means restrooms will not be available. Please plan accordingly.
- Contact Tracing: We will keep an attendance record. If you develop COVID-19 symptoms within two weeks of our gathering, please inform Rev. Katie Day at (904) 635-0990.