

CHRISTIAN COMMUNITY CHURCH CAMBRIDGE PARK



COVID-19 SAFETY INFORMATION

The NSW Government requires that all places of worship complete and register a COVID-19 Safety plan. In accordance with this the following information is to make aware all those attending Christian Community Church Cambridge Park (CCCCP) the details of that plan.

It has always been the practice of our church family to remain home when unwell out of courtesy to each other particularly the elderly members of our congregation.

This practice as well as physical distancing of 1.5 metres is being encouraged by the NSW Health DEPT with the following advise:

When to stay at home

- If you (or any person you have knowingly had contact with) have signs or symptoms of COVID-19. These may include:
 - Most common symptoms:
 - fever.
 - dry cough.
 - tiredness.
 - Less common symptoms:
 - aches and pains.
 - sore throat.
 - diarrhoea.
 - conjunctivitis.
 - headache.
 - loss of taste or smell.
 - a rash on skin, or discolouration of fingers or toes.
 - Serious symptoms:
 - difficulty breathing or shortness of breath.
 - chest pain or pressure.
 - loss of speech or movement.
- If you have had contact with a person that is being tested for COVID-19.
- If you are required to self-isolate under current Government travel guidelines.
- If you are in a high-risk group, you should seek your own medical advice.

High risk groups:

- people with weakened immune systems.
- people with diagnosed chronic medical conditions (such as high blood pressure, heart and lung conditions, kidney disease and diabetes).
- Aboriginal and Torres Strait Islander people, who have higher rates of chronic illness.
- People 70 years of age and older, those 65 years and older with chronic medical conditions, people with weakened immune systems and Aboriginal and Torres Strait Islander people 50 years and older with a chronic medical condition.

What do I require prior to re-attending Church?

- A negative test result if you were tested for COVID-19.
- Not showing any of the above symptoms.

How can I protect myself and prevent the spread?

- Stay home when required.
- Wash your hands often with soap and water for at least 20 seconds and or use a hand sanitiser.
- Avoid touching your eyes, nose and mouth.
- Cover your nose and mouth with a tissue when you cough or sneeze, throw used tissues in the bin and clean your hands with soap and water or sanitiser. If you don't have a tissue, sneeze or cough into a flexed elbow.
- Clean and disinfect frequently touched surfaces each day.
- Do not shake hands, hug or kiss as a greeting.
- Keep a distance of 1.5 metres between yourself and other people.
- Prevent touching high touch areas, and if prevention is not possible, immediately wash or sanitize your hands after.
- Strictly follow any signage or guidance provided.
- Only touch and use your own equipment.

What measures are in place to prevent the spread?

At CCCCPC we have prepared simple but adequate measures to comply with requirements :

- A COVID-19 Management Plan has been prepared for identifying risk areas.
- Signage and guidance will be communicated as a reminder to our own personal requirements.
- Hand sanitiser pumps will be placed in nominated areas.
- Where possible, doors have been left ajar for non-touch access.
- The hall will be set up with seating to allow for the correct social spacing.
- Only the worship leaders are to sing out loud

We will continue to conduct online prayer meetings and Live-Stream our Sunday morning services for those who are either unable or do not wish to attend in person.

We will continue to conduct Communion and provide a simple morning tea, both of which will be prepared and served with approved methods- handwashing , wearing of gloves , use of tongs and not allowing person to person transmission. There will be no buffet or self serve .

Church welcomers will be recording names of those who attend each service for contact purposes as required by NSW Health.

Our Church space currently allows for at least 83 people not including those serving on the day.

Whilst not requiring people to wear masks we respect any decision to do so.

We encourage all congregants to express any concerns they have in regards to this information and the changes that have been made.