

Raleigh Chinese Christian Church (RCCC) 洛麗華人基督教會

Guidelines for Worship During COVID-19 Pandemic 實體聚會 COVID 防疫準則

RCCC has created and implemented a plan to minimize the opportunity for COVID-19 transmission based on the Guidelines below. The Guidelines are adapted from the Interim Guidance for Places of Worship and Religious Services by NC Department of Health and Human Services (NCDHHS). They also factored in the recommendations from Church Mutual Insurance (CM), and the Baptist State Convention of North Carolina (BSCNC).

General

RCCC provides online virtual services for Sunday Worships, Bible study classes and small group meetings. It has commissioned a Church Health and Contingency Planning Committee (CHCPC) to give COVID advice to Church Leadership, recommend timing for in-person services, and provide the guidelines for implementing a COVID plan. RCCC communicates to its congregation the latest service status, guidelines, and checklist via website, emails, and weekly bulletins.

Social Distancing and Minimizing Exposure

Keeping space between oneself and other people outside of one's home. Stay at least 6 feet (about 2 arms' length) from other people; do not gather in groups; stay out of crowded places and avoid mass gatherings. Consider the following recommendations:

1. Limit in-person worship when possible. Provide an option for virtual services.
2. Limit Worship center occupancy to 250 people, or the posted COVID maximum occupancy for all other rooms. Ensure sufficient social distancing with at least 6-foot separation between groups other than those in their household. Space seating arrangements accordingly.
3. Ensure members of a choir or music ensemble maintain a distance of at least 6 feet or greater from each other.
4. Encourage avoidance of physical contact among Pastors, ministers, ministry coworkers, staffs, and attendees, no indoor greeting and gathering.
5. If applicable, use one door for entrance and another door for exit. Make directional signs obvious and available.
6. Postpone mission trips and summer activities such as VBS & M-Fuge mission trip.
7. Suspend youth events and children activities such as nursery, child care, and Sunday schools.
8. Stop using playground. If must be taken under exceptions, have limitations or some kind of safeguard.
9. Post signage reminding people about social distancing.

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Face Coverings

It is strongly recommended that face covering be used by everyone inside the building:

1. Keep yourselves and others protected by wearing high quality masks when you are in the church. DO NOT wear masks with valves or vents. Properly wear KN95 or double masks (such as a surgical mask and a cotton/regular mask) shall give yourself the maximum protection. Alternatively, wearing at least a mask is necessary. Personal Protection Equipment (PPE) are allowed. Personal hand sanitizer is great to keep in hand.
2. Keep spare masks at Church in case of need.
3. Post signage reminding people about face covering.

Cleaning and Hygiene

Remind people to wash hands with soap for 20 seconds or use hand sanitizer to reduce the chance of spreading transmission. Establish frequency and process for disinfection cleaning in between services and after services. Develop cleaning procedures for before and after area usage:

1. Remind people to maintain 0 touch 0 physical contact with people and things.
2. Remind people not to use printed or hand-held materials such as bulletins, hymnals, Bibles, and attendance sign-in sheets to avoid hand contact. Encourage congregants to bring their own through electronic means if possible.
3. Remind people not to share equipment used for worship services such as microphones, etc. Disinfect and provide adequate contact time for disinfectant as required by the manufacturer before shared equipment is used by another person.
4. Use a stationary collection box, mail, and electronic methods of collecting offerings instead of passing the offering bags. Provide prepackaged communion sets.
5. Prominently provide alcohol-based hand sanitizer (at least 60% alcohol) at entrances and exits and near high-touch areas.
6. Block off unused areas in the buildings. Minimize the disinfection needs only to those areas used during services. Perform intensive cleaning and disinfecting of the areas not in use for a long time (e.g. over a year) before reopening these areas.
7. Perform ongoing and routine environmental cleaning and disinfection of high-touch areas (e.g., doors, doorknobs, rails), and increase disinfection during peak times or high density times.
8. Promote frequent use of hand washing and hand sanitizer for everyone. Require hand-washing or sanitizing immediately upon reporting to work, after external contact, such as with individuals, touching shared materials or common areas, performing cleaning and disinfecting

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activities of an area. Encourage people to bring their own personal hand sanitizer and tissues.

9. Systematically and frequently check and refill hand sanitizers and assure soap and hand drying materials are available at sinks.
10. Remind people to use tissues for proper cough and sneeze hygiene.
11. No food is to be offered at any event. Stop using water fountains. [Bring your own water bottles.](#)
12. Post signage reminding people about cleaning and hygiene.

Monitoring for Symptoms

Encourage everyone who come to church to self-monitor for symptoms such as fever, cough, or shortness of breath and have a plan in place to separate people with symptoms from others:

1. Require people developing symptoms not coming to church. Refer to the RCCC COVID Self-Checklist before coming to church.
2. If staff or volunteers develop symptoms, they should notify their supervisor and return home. Congregants or visitors with symptoms should be instructed to return home as well.
3. Be alert of anyone who may be sick or fever when coming to the church. Separate the individual immediately from other people and sent the individual home.
4. Post signage at the main entrance requesting that people who have been symptomatic with fever and/or cough not enter
5. Follow NCDHHS and CDC Guidelines for excluding/allowing people who have been diagnosed with COVID-19 or is presumed positive by a medical professional due to symptoms from/return to Church.

Others

1. Assign CHCPC responsibility for monitoring and incorporating government orders and guidance.
2. Assign RCCC Church Council Task Force responsibility for coordinating with local health authorities and law enforcement in case of emergency.
3. Establish RCCC Church Council Task Force for plan implementation.
4. Periodically review and update the guidelines as COVID status and in-person service activities change in either directions.
5. Refer to [Center for Disease Control](#) (CDC) for more information.

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洛麗華人基督教會 RCCC 根據以下準則制定實施了一項防疫計劃以盡可能減少傳播 COVID-19 的機會。本準則引用北卡羅來納州衛生福利部 (NCDHHS) 的《禮拜場所和宗教服務臨時準則》。並同時參考了教堂互助會保險公司 (CM) 和北卡羅來納州浸信會公約組織 (BSCNC) 的有關建議。

一般

洛麗華人基督教會 RCCC 目前提供周日崇拜，主日學和小組聚會提供在線虛擬服務。教會衛生與應急計劃委員會 (CHCPC) 應教會議會託付向教會領導團隊提供有關 COVID 建議，建議實體聚會服務實施時間，並提供本準則。RCCC 教會透過網站，電子郵件和每周公告向其會眾傳達最新的實體聚會服務實施進展，準則，以及參加教會實體聚會需要遵守的自我檢查表。

保持社交距離和盡量減少接觸

在自己與其他不在同一家居住的人保持空間。與他人保持至少 6 英尺（約 2 臂長）的距離；不成群結隊；遠離擁擠的地方並避免群眾集會。考慮以下建議：

1. 盡可能少用實體聚會的崇拜。提供虛擬服務選項。
2. 敬拜中心的容納人數限制為 250 人。其他房間則根據所發佈 COVID 最大容納人數限制。除家庭成員外，其他群體之間至少應保持 6 英尺的距離，以確保足夠的社交距離，依此原則安排座位空間。
3. 確保合唱團或音樂合奏的成員彼此之間保持至少 6 英尺或以上的距離。
4. 鼓勵避免牧師，傳道，同工，職員和與會人員之間的身體接觸，不要在室聚集寒暄。
5. 如果可行，請使用一個門作為入口，使用另一個門作為出口。使方向指示需明顯可用。
6. 延遲任務旅行和夏季活動，例如 VBS 和 M-Fuge 任務旅行。
7. 暫停青年活動和兒童活動，例如托兒所，托兒所和星期日學校。
8. 停止使用遊樂場。如果必須允許例外，需加限制並責成使用者採取某種防疫措施。
9. 張貼標牌，提醒人們有關保持社交距離的信息。

面部遮蓋物

強烈建議建築物內的每個人都應使用面部遮蓋物：

1. 為保護自己和他人，在教堂裡時請佩戴有防護效果的口罩。請勿使用有閘門或通風口的面罩。正確的佩戴 KN95 或雙層口罩（例如手術口罩和棉質/常規口罩）將為您提供最大的保護。或

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者，至少要戴上口罩。允許使用個人保護設備（PPE）。建議最好隨身攜帶個人洗手液備用。

2. 如有需要，在教堂備有備用口罩。
3. 張貼標牌，提醒人們有關需戴面部遮蓋的信息。

清潔衛生

提醒人們用肥皂洗手 20 秒鐘，或使用乾洗手液減少病菌傳播的機會。在服務之間和服務後之間建立消毒清洗的頻率和過程。制定區域使用前後的清潔程序：

1. 提醒會眾要保持人與人和人與物之間的零接觸。
2. 提醒會眾不要使用印刷或手持材料，例如公告，讚美詩，聖經和考勤簽到紙，以避免手接觸。鼓勵會眾利用電子方式攜帶實體聚會自用的資料。
3. 提醒會眾不要共用崇拜時使用的設備，例如麥克風等。若要與他人共用設備，按照製造商的要求用消毒劑消毒並隔離足夠的時間再行使用。
4. 使用崇拜中心進門處固定的奉獻箱，郵件或電子方式收集奉獻，不要傳遞奉獻袋。提供預先包裝好的個人聖餐套杯。
5. 在出入口和高接觸附近地方提供含酒精的洗手液（至少 60% 的酒精）。
6. 阻隔建築物中未使用的區域，將消毒需求降至最低。在重新開放長時間未曾使用的區域（例如，一年以上）之前，請對它們進行徹底的清潔和消毒。
7. 對高接觸區域（例如，門，門把手，欄杆）持續經常的日常環境清潔和消毒，並在高峰或高密度時間增加消毒次數。
8. 鼓勵個人經常使用洗手液和洗手液。上班時與他人接觸後，例如與人接觸，接觸共用材料或公共區域，清潔和消毒後，則立即洗手或消毒。鼓勵會眾自帶個人洗手液和紙巾。
9. 系統且經常檢查和補充洗手液，並確保洗手池上有肥皂和乾洗手材料。
10. 提醒會眾使用紙巾來適當地阻擋咳嗽和打噴嚏。
11. 任何情況下均不得提供食物。停止使用噴泉，自備瓶裝水。
12. 張貼標牌，提醒會眾清潔和衛生。

監測症狀

鼓勵所有來教堂的人自我監測發燒，咳嗽或呼吸急促等症狀。訂定計劃即時將有症狀的與其他人分開：

1. 要求會眾若出現症狀，不要來教堂。上教堂之前，請參閱 RCCC COVID 自我檢查表。
2. 如果員工或志工出現症狀，應通知其主事並返回家中。患有腸胃不適的人或有症狀的訪客也應被

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指示返回家中。

3. 來教堂時要警惕注意任何可能生病或發燒的人。立即將個人與其他人分開，並將其送回家。
4. 在正門張貼告示牌，要求有發燒和/或咳嗽症狀的人不要進入。
5. 遵循 NCDHHS 和 CDC 準則來婉拒或允許曾被診斷出患有 COVID-19 的人，或曾被醫學專家認為是帶新冠肺炎陽性的人前往或重返教堂。

其他

1. 賦予 CHCPC 負責監督和納入政府命令和指導的責任。
2. 指派 RCCC 教會議會特別工作組負責在緊急情況下與當地衛生部門和執法部門進行協調。
3. 建立 RCCC 教會議會特別工作組以執行計劃。
4. 隨著 COVID 狀態和親自服務活動在兩個方向上的變化，定期查看並更新本準則。
5. 有關更多信息，請參考 [疾病控制中心](#) (CDC)。