

Lorne Road Forest Gate London E7 0LJ Email: info@stmarksforestgate.org.uk Website: stmarksforestgate.org.uk

Guidance for Attending Sunday Morning Services in the Church

Everyone's safety is our priority. To ensure this and to comply with Church of England and government regulations, there are a number of new procedures for services.

Safety and Hygiene:

- Everyone must wear a face covering at all times in the building. This must cover both your mouth and your nose.
- Safe distancing of one metre must be observed at all times throughout the building.
- You will be asked to sanitise your hands upon entering the building.
- All areas of the building used will be cleaned and sanitised after each service.
- The service will take place in the church. All other areas of the building will be out of use, except in the event of an emergency evacuation.
- Only one person may use the toilets at a time, except when adults need to accompany their children.
- We are unable to provide water.
 - ⇒ If you wish, you may bring your own. Please take any empty bottles or containers away with you.
- We are also unable to provide Bibles or other materials.
 - ⇒ If you would like to, please bring your own Bible, pen and paper.
- Please do not attend if you feel ill in any way, particularly if you think you may have a temperature, or if you are experiencing a new continuous cough or loss of smell and/or taste.

Before Attending:

 To maintain safe distancing, we currently have restricted space in the church. However, for the moment it is not necessary to book.

• On Arrival:

- In order to minimise movement and operate safely, we respectfully ask that you arrive no earlier than 10.15 am and no later than 10.25 am.
 - ⇒ You may be asked to wait in Lorne Road so as to ensure safe distancing before checking in. Please remember that the weather may be wet and cold.
- Entry to the church is by the Lorne Road door only.
 - ⇒ It will not be possible to enter or leave via the car park and creche.
 - \Rightarrow The car park will not be in use.
- You must check in, either by using the NHS Trace and Test phone app to scan the code at the
 desk by the Lorne Road door, or by giving your name and contact number to the attendant there.
 - ⇒ This information will be kept securely, not shared with anyone except to help with NHS Trace and Test requests if needed, and will be destroyed securely after 21 days.
- After checking in, you will be asked to proceed immediately to the church.
 - ⇒ It may not be possible for people to choose where they sit.

During the Service:

- In line with guidance from the government and the Church of England, you will not be able to join in with the singing. You may of course mouth the words if you wish.
- You will be able to join in with prayers and responses, but as quietly as possible.

- We are unable to offer creche, Scramblers or children's and youth activities at the moment. Our
 younger church family members are welcome to attend, and may wish to bring a book or quiet
 activity with them. We will also be able to provide them with an activity pack which they are
 welcome to use, take away with them and bring back on future Sundays.
 - ⇒ Children and young people will need to remain seated with their parents/carers and under their supervision at all times, as no other areas of the building will be available. Children under 11 must be accompanied if they need to use the toilet.
- You will be directed to receive communion.
 - ⇒ A one-way system to and from your seat will be in operation, and this will be explained.
- Communion will consist of the bread only, and this will be a wafer.
 - ⇒ The wafer will be dropped into your hand so there is no physical contact.

After the Service:

- To avoid crowding, please remain in your seat until asked to leave.
- Please leave the building immediately through the designated exit.
 - ⇒ This may not be the same as where you entered the building you will be advised of this.

Please bear in mind that the above procedures may change at short notice if Church of England or government regulations change.

If you have any questions about anything we have outlined here, please contact us by email: churchwardens@stmarksforestgate.org.uk.

Revd Ben King, Vicar Sharon Yates and Mike Richardson, Churchwardens