

Stonehaven Carronside Church of Scotland

Advice to members attending worship in Carronside Church buildings.

Preventing the Spread of Coronavirus

Please read the following information carefully before attending Church.

1. You must not attend if you have symptoms of Covid-19 (new persistent cough, fever, loss of taste and smell) or if you have been required to self-isolate.
2. Please check the "Assessment Tool for Individual and Group Health Risks" at the end of this document. This has been copied from the Church of Scotland's guidance.
3. Safe distancing (2 metres) must be practised at all times when approaching and leaving the building and within the building.
4. Please arrive in good time. There will be a steward at the entrance who will check that you are on the list to attend. The steward will only allow people from one household at a time to enter. You may be required to wait in a socially distanced queue.
5. Face coverings must be worn at all times within the building (with the exception of the worship leader while leading the worship). Disposable face coverings will be available.
6. Please use the hand sanitizer at the entrance and throughout the building.
7. You will be directed to a seat and must remain there during the service.
8. Please follow the one-way system and be guided by the stewards.
9. Singing is not permitted at any time.
10. Doors will be kept open to ensure good ventilation.
11. At the close of the service, please remain in your seat until a steward tells you that you can leave.
12. Please leave the area around the church immediately.
13. Toilets will only be available in emergency. Please attract the attention of a steward. Only one person at a time will be allowed in the area around the toilet. Please follow the instructions displayed in the toilet.
14. If you should turn unwell during the service, please attract the attention of a steward.
15. In the event of illness of another person, please remain in your seat to receive instructions from a steward.
16. Test & Protect: all persons who attend must comply with the legal requirement to provide contact information. This will be collected at the time of booking and kept securely for 21 days. If not required in that time it will be destroyed.

Assessment 'Tool' for individual and group health risks

The assessment 'tool' below helps you to see how different risk factors may combine to give serious health complications should you catch the COVID-19 virus. It does not include the factors that may make you clinically extremely vulnerable, where you should be following the guidance for those who are 'shielding'. It includes the factors where there is significant statistical evidence but does not include any rarer conditions which you may have, so this only offers a starting point. You may want to discuss the results with your doctor or with those who have expectations about your involvement with church life. We are not claiming medical expertise in sharing this way of scoring your risk but giving a way to show how serious catching the virus may be for you or the groups using your church building(s).

Circle the score next to each one that applies to you and add up your score.

Risk Factor		Score
Age	50-59	1
	60-69	2
	70-79	4
	80 and over	6
Sex at birth	Male	1
Ethnicity	Caucasian	0
	Black African Descent	2
	Indian Asian Descent	1
	Filipino Descent	1
	Other (including mixed race)	1
Diabetes & Obesity	Type 1 & 2	1
	Diabetes Type 1 & 2 with presence of microvascular complications or HbA1c \geq 64 mmol/mol	2
	Body Mass Index greater than or equal to 35 kg/m ² online BMI calculator: http://www.nhs.uk/live-well/healthy-weight/bmi-calculator	1
Cardiovascular disease	Angina, previous heart attack, stroke or cardiac intervention	1
	Heart Failure	2
Pulmonary (lung) disease	Asthma	1
	Non-asthma chronic pulmonary disease	2
	Either of the above requiring oral corticosteroids in the last year	1
Malignant neoplasm (cancer)	Active malignancy	3
	Malignancy in remission	1
Rheumatological conditions	Active treated conditions	2
Immunosuppressant therapies	Any indication	2
Total Score		

A score of under 3 indicates a lower risk, but you should still be following the guidance for staying safe.

A score of 3-5 suggests a greater risk and you should consider ways of reducing your risk by taking additional precautions or avoiding some activities.

A score of 6 or more suggests a high risk and indicates that you should continue to work or participate in church life from your home.

The scoring is based on an article from the British Medical Association website.

Risk Stratification tool for Healthcare workers during the CoViD-19 Pandemic; using published data on demographics, co-morbid disease and clinical domain in order to assign biological risk: David Strain, Janusz Jankowski, Angharad Davies, Peter English, Ellis Friedman, Helena McKeown, Su Sethi, Mala Rao
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