



# COVID-19 INFECTION PREVENTION & CONTROL PLAN

(UPDATED OCTOBER 26, 2021)

At Southdale Bible Chapel (SBC) the health and safety of our congregants is a very high priority. To help ensure that we are taking all reasonable precautions for hazards that may arise in the church building or as a result of meeting together because of the Covid-19 pandemic, we have assembled a comprehensive *'Infection Prevention & Control Plan'* based on recommendations from the Ministry of Health, Public Health Ontario, and the Middlesex-London Health Unit.

## OVERVIEW

Coronavirus symptoms range from mild, like the flu and other common respiratory infections, to severe. The most common symptoms include:

- Fever and/or chills
- Cough and/or difficulty breathing
- Decrease or loss of taste or smell
- Nausea, vomiting or diarrhea (age<18 only)
- Extreme fatigue (age 18+ only)

Complications from the 2019 novel coronavirus (Covid-19) can include serious conditions, like pneumonia, kidney failure, and in some cases death.

Coronaviruses are spread through close contact, from person to person or over shared surfaces. Throughout the course of the day, your hands touch many surfaces. Once contaminated, your hands can transfer the virus to your eyes, nose, or mouth. From there, the virus can enter your body and make you sick.

Some helpful tips to prevent the spread of infection include:

- Wear an approved face covering (over the nose, mouth and chin) in accordance with Health Unit guidelines. (Refer to Section 8 in the Policy for more information)
- Wash your hands often with soap and water or alcohol-based hand sanitizer.
- Sneeze and cough into your sleeve.
- If you use a tissue, discard immediately and wash your hands afterward.
- Avoid touching your eyes, nose or mouth.
- Avoid contact with people who are sick.
- Stay home if you are sick.
- Avoid high-touch areas, where possible, or ensure you clean your hands after.
- Where possible, wear gloves when interacting with high-touch areas. Do not touch your face with gloved hands. Take care when removing gloves. Ensure you wash your hands after removing them.
- If you are ill do not attend church services and complete the Ontario government [self-assessment](#) and follow the instructions you get.

The enclosed Infection Prevention & Control Plan outlines policies that have been implemented for all members at Southdale Bible Chapel.

Any party who has questions or concerns about the enclosed policies is encouraged to speak to the 'Back to Church Committee Members' or the 'Church Leadership Team'.

# 1. HYGIENE & ENVIRONMENTAL DISINFECTION

## Personal Hygiene Practices for All Members

- Wear an approved face covering over the nose, mouth and chin at all times while indoors, in accordance with Health Unit guidelines. (Refer to Section 8 for more information)
- Wash your hands often and thoroughly with soap and water OR alcohol-based hand sanitizer.
- Sneeze and cough into your sleeve.
- If you use a tissue, discard immediately and wash your hands afterward.
- Avoid touching your face, eyes, nose, or mouth.
- Avoid contact with people who are sick.
- Avoid high-touch areas, where possible, or ensure that you clean your hands afterward.
- Wash your clothes as soon as you get home.
- If you are sick:
  - Stay home or go home.
  - Notify the 'Intake Personnel' immediately.
  - Complete the Ontario government [self-assessment](#) and follow the instructions provided.

## Disinfection of Chairs, High Touch Areas & Indoor Air Quality

- Chairs and other High Touch Areas (including light switches, door handles, toilets, faucets, handrails, countertops and keyboards are to be cleaned and disinfected after each church service and cleaned weekly.
- The Deacons' Building Committee to monitor and increase the frequency of HVAC system maintenance including filter replacements.

## Washroom Facilities and Hand-Sanitizer Stations

- Centralized washroom facilities are provided at the Church Building.
  - Washrooms are stocked with hand soap, paper towels and lined wastepaper baskets.
  - Washrooms are disinfected after each church service.
- Hand-Sanitizer Stations are provided in the foyer and at the back of the auditorium with alcohol-based hand sanitizer

# 2. PHYSICAL DISTANCING

- Wear an approved face covering over the nose, mouth and chin at all times while indoors, in accordance with Health Unit guidelines. (Refer to Section 8 for more information)
- All attendees are expected to practice physical distancing, when possible, by maintaining a minimum of 6 feet (2 meters) between other attendees who are not of the same household.
- To support effective physical distancing, SBC has employed a number of strategies:
  - Physical contact between attendees is discouraged
  - Create one-way hallway traffic only (indicate direction of flow of people on floor)
  - Post visual reminders of physical distancing requirement throughout the building
  - Space seating in auditorium to achieve minimum 6 feet physical distancing between households
  - Members are encouraged wherever possible to use video conferencing and/or phone calls in lieu of 'in person' meetings

### **3. GUIDELINES FOR HIGHER-RISK ACTIVITIES**

- Wear an approved face covering over the nose, mouth and chin at all times while indoors, in accordance with Health Unit guidelines. (Refer to Section 8 for more information)
- Physical contact, such as handshaking or passing objects between individuals is discouraged.
- Singing should only be done by members and visitors who are wearing face masks.
- Leaders of services that are required to speak or sing without face coverings should increase the distance between the congregation to 12 feet (4 meters)
- Ceremonies that involve physical contact, such as baptism should be modified to maintain physical distancing between households.
- Communion is a high-risk activity. Ensure adequate safe-guards are in place so that it can be done safely.
  - The bread and cup should not be passed among attendees.
  - Wafers and juice can be provided in individual packaging at station(s) in the foyer.
- Woodwind and brass instruments are not recommended at this time
- Offering plates should not be passed at the service, alternatives are encouraged such as online giving or depositing in the offering plate as attendees exit the auditorium.
- Books and other common-use items should not be used, projectors can be used or single use materials
- Church library materials that are returned should be left in the intake bin for 48 hours before being returned to the shelves
- Food and beverage service can only be offered if attendees are seated at tables and maintaining physical distancing. Face coverings should only be temporarily removed while the person is actively eating or drinking.
- Children and Youth activities including Sunday School, Nursery and Youth Group must adhere to all of the guidelines including face coverings (for children >2 years) and physical distancing between households

### **4. ACTIVE & PASSIVE SCREENING FOR MEMBERS AND VISITORS**

- All members and visitors are required to self-screen prior to entering the building. (see Appendix A Self-Screening Poster)
- The Intake/Registration personnel will be responsible for completing a list of attendees for 'Contact Tracing' requirements and ensure the list is kept on file as per Health Unit Guidelines.
  - Completed Visitor Intake Forms are to be kept on file as per Health Unit Guidelines.
  - Attendees who are medically vulnerable are strongly encouraged to delay attending services and to continue to participate on-line whenever possible
  - Anyone who refuses to complete the Visitor Intake form will not be permitted access to the building

### **5. MANAGEMENT & REPORTING OF ILLNESSES**

- Any member or visitor who develops symptoms – or who has been exposed to someone who has symptoms - consistent with Covid-19 is to notify Intake/Registration personnel, leave the premise immediately, self-isolate at home, and complete the Ontario government [self-assessment](#).
- Once in self-isolation, parties are to be directed to seek clinical assessment over the phone from:
  - Their primary care provider (ie. their family physician)
  - Telehealth Ontario (1-866-797-0000)
  - Their Public Health Unit
- If immediate emergency medical attention is required, parties are directed to call 911 and disclose symptoms and any travel history.
- Reporting of any known positive test results for Covid-19 is to be made to the applicable Health Unit.

## **6. INTERNATIONAL TRAVELLERS**

- All attendees who have travelled internationally are required to follow the directives of Health Canada and other applicable governments upon their return.

## **7. COMMUNICATION & POSTING**

- A copy of the 'Covid-19 Infection Prevention & Control Plan' will be circulated to all members via SBC Connect on Faithlife app and posted on the Information board at back of the auditorium.
- A copy of the 'Covid-19 Self-Screening' poster will be posted in the foyer of the church building (*see Appendix A*)
- Each hand washing station is identified by the 'Hand Washing Station' poster. (*see Appendix B – Hand Washing Station Poster*)
- A copy of the 'Handwashing & Respiratory Hygiene' poster is required at each hand washing station and each washroom facility in the church building, and on the Information board at back of the auditorium. (*see Appendix C – Handwashing & Respiratory Hygiene Poster*).

## **8. FACE COVERINGS**

Southdale Bible Chapel requires the use of face coverings for everyone (adults and children > 2 years) in the church building. The face covering material should be in accordance with Health Unit guidelines and the face covering should be worn to cover the chin, mouth and nose. While there are various opinions on the matter of face coverings, the Bible clearly instructs us to put the needs of others above our own needs (see [Philippians 2:3-4](#), [Romans 12:10](#), [Galatians 5:13](#)). We understand that some are unable to wear a mask for various reasons. If this is the case in your situation, we ask that you consider the safety and needs of others above your own. Please enjoy the service from your home.

# APPENDIX A – SELF-SCREENING POSTER



## **STOP** COVID-19 Southdale Bible Chapel Screening Please self screen before entering this location.

1. Do you have any of the following new or worsening symptoms or signs?



Fever or chills



Cough



Trouble breathing



Decrease or loss of taste or smell



Nausea, vomiting or diarrhea  
(age <18 only)



Very tired, sore muscles or joints\*  
(age 18+ only)

If you have an existing health condition that gives you the symptoms, select "No," unless the symptom is new, different or getting worse.

\*If mild tiredness, sore muscles or joints occur within 48 hours after getting a COVID-19 vaccine, select "No" and continue to follow all public health measures. If symptoms last longer than 48 hours or worsen, select "Yes".

2. Has a doctor, health care provider, public health unit, or Canadian Border Services Agency told you that you should currently be isolating (staying at home)? Yes   
No

• This can be because of an outbreak, contact tracing, or travel outside of Canada in the last 14 days.

3. Do you live with someone who has been told by a doctor, health care provider, or public health unit that they should currently be isolating? Yes   
No

• If you are fully vaccinated\*\* or have tested positive for COVID-19 in the last 90 days and since been cleared, select "No."

If "YES" to any questions above:



Do not enter this location



Follow Public Health advice



\*\* Fully vaccinated is defined as an individual  $\geq 14$  days after receiving their second dose of a two-dose COVID-19 vaccine series or single of a one-dose COVID-19 vaccine series.





# Take the Time to Wash Your Hands

**It's the most effective way to prevent the spread of germs**



**Wet hands with running water.**



**Apply soap and scrub palms, backs of hands, wrists, between fingers and under nails.**



**Scrub for at least 20 seconds.**



**Rinse thoroughly under running water.**



**Dry hands with a single use towel.**



**Use the towel to turn off the faucet.**



**No soap and water?  
Use hand sanitizer.**



**Apply enough product on hands to cover all surfaces, and rub hands until they're dry.**

## APPENDIX C – HANDWASHING & RESPIRATORY HYGIENE POSTER



# 2019 Novel Coronavirus (COVID-19) What you need to know to help you and your family stay healthy



**Wash your hands with soap and water thoroughly and often.**

**Cough and sneeze into your sleeve or a tissue. Dispose of tissue immediately and wash your hands.**



**Keep surfaces clean and disinfected.**

**Stay home when you are sick.**



If you have symptoms, call Telehealth Ontario at:  
1-866-797-0000  
TTY: 1-866-797-0007  
Or contact your public health unit.

For more information,  
visit [Ontario.ca/coronavirus](https://Ontario.ca/coronavirus)

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