



## **Assumption of Risk and Gathering Guidelines**

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is extremely contagious and spreads from person-to-person contact and/or by contact with contaminated surfaces and objects, and even possibly in the air. There is no known medical cure for COVID-19. Evidence has shown that COVID-19 can cause serious and potentially life-threatening illness and even death. As a result, federal, state, and local governments and health agencies recommend social distancing and other preventative practices. Calvary Baptist Church of Dover, Delaware (CBC) and its entities have put in place preventive measures to reduce the spread of COVID-19 but cannot prevent you and/or your children from becoming exposed to, contracting, or spreading COVID-19 while attending a CBC worship service, event, or facility. It is not possible, even with heightened cleaning procedures and social distancing, to prevent the presence of the disease. Therefore, if you choose to attend any CBC authorized worship service or event, you may be exposing yourself (and your children) to and/or increasing your risk of contracting or spreading COVID-19. Furthermore, by attending any CBC authorized worship service or event, you voluntarily agree to accept any and all risk of being exposed to COVID-19 from yourself and/or your children and such exposure may result in personal injury, illness, permanent disability, and death. These services/events are of such value to you and/or your children, that you accept the risk of being exposed to, contracting, and/or spreading COVID-19 in order to gain access. Calvary Baptist Church recommends the following guidelines for all persons attending any of our worship services and events:

### **Wear a Mask**

- Everyone 2 years and older must wear a mask while onsite
- Masks should be worn in addition to staying at least 6 feet apart, especially around people who don't live with you
- If someone in your household is infected, you should refrain from attending any CBC
- Wash your hands or use hand sanitizer before putting on your mask
- Wear a mask with two or more layers to stop the spread of COVID-19 to protect yourself and others
- Wear your mask over your nose and mouth and secure it under your chin
- Fit the mask snugly against the sides of your face, slipping the loops over your ears or tying the string behind your head
- Wear a mask with a nose wire to prevent air from leaking out of the top of the mask

- If you have to continually adjust your mask, it doesn't fit properly, and you might need to find a different mask type or brand
- Make sure you can breathe easily Social

### **Distancing**

- Stay at least 6 feet from other people
- Avoid direct contact, including handshakes and hugs, with others who don't live with you
- Remember that some people without symptoms may be able to spread the virus
- Keeping distance from others is especially important for people who are at higher risk of getting very sick
- Venues will limit seating and allow for social distancing. Select your seat or place to stand based on your ability to stay at least 6 feet from others
- Avoid crowding and congested areas throughout services including arrival and departure
- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing
- It's especially important to wash: 1) Before touching your face 2) After using the restroom 3) After leaving a public place 4) After blowing your nose, coughing, or sneezing 5) After handling your mask 6) After changing a diaper 6) After caring for someone sick
- If soap and water are not readily available, use a hand sanitizer that contains at least 70% alcohol. Cover all surfaces of your hands and rub them together until they feel dry

### **Cover coughs and sneezes**

- If you are wearing a mask: You can cough or sneeze into your mask. Put on a new, clean mask as soon as possible and wash your hands.
- If you are not wearing a mask: 1) Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow and do not spit 2) Throw used tissues in the trash
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 70% alcohol Monitor your health daily
- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
- Take your temperature if symptoms develop. Don't take your temperature within 30 minutes of exercising or after taking medication that could lower your temperature, like acetaminophen
- Follow CDC guidance if symptoms develop

## **Get Vaccinated**

- Authorized COVID-19 vaccines can help protect you from COVID-19
- You should get a COVID-19 vaccine as soon as possible

By entering and remaining in the building, you agree to the assumption of risk guidelines and will follow them as prescribed.

Your contact tracing information (i.e., phone number(s) and/or email) will be used only in cases of emergency or to apprise you of urgent updates regarding CBC services and protocols. Under no circumstances will your contact information be shared with entities outside of CBC, except in cases to notify you of an event or occurrence that would require notification. For more information regarding your privacy please email **[info@calvaryforward.org](mailto:info@calvaryforward.org)**.