



BETH SHALOM

בית שלום

*A strong, vibrant community with a spiritual heart embracing Jewish life and its diversity*

## **Beth Shalom Covid-19 Safety Plan Alert Level 1**

### **1. Introduction**

We are now at Alert Level One as of midnight 9 June 2020 and can operate without restrictions. This means that we can hold religious services and gatherings at Beth Shalom with no restrictions to the numbers or to how we operate and there are no physical distancing requirements. We will however adopt best practice in terms of hygiene and keeping ourselves safe and well.

The relevant website is

<https://uniteforrecovery.govt.nz/covid-19/covid-19-alert-system/alert-level-1/>

The Covid website provides the Golden Rules to follow:

### **The Golden Rules for everyone at Alert Level 1**

1. If you're sick, stay home. Don't go to work or school. Don't socialise.
2. If you have cold or flu symptoms call your doctor or Healthline and make sure you get tested.
3. Wash your hands. Wash your hands. Wash your hands.
4. Sneeze and cough into your elbow, and regularly disinfect shared surfaces.
5. If you are told by health authorities to self-isolate you must do so immediately.
6. If you're concerned about your wellbeing or have underlying health conditions, work with your GP to understand how best to stay healthy.
7. Keep track of where you've been and who you've seen to help contact tracing if needed. Use the NZ COVID Tracer app as a handy way of doing this.
8. Businesses should help people keep track of their movements by displaying the Ministry of Health QR Code for contact tracing.
9. Stay vigilant. There is still a global pandemic going on. People and businesses should be prepared to act fast to step up Alert Levels if we have to.
10. People will have had different experiences over the last couple of months. Whatever you're feeling — it's okay. Be kind to others. Be kind to yourself.

## **2. Contact Tracing**

Beth Shalom is not required to continue with the paper contact tracing registers on arrival at Beth Shalom. Individuals are, however, advised by the Ministry of Health to keep a diary of where they have been on a daily basis. We have posted the NZ COVID Tracer app on our wall, which will provide congregants with an electronic means of recording that they were at Beth Shalom.

## **3. Cleanliness and Hygiene**

Beth Shalom will maintain a high level of hygiene by way of a thorough weekly clean by the CrestClean cleaners. Additional sanitising of high touch surfaces in between weekly cleans will continue on an as-required basis (for example, after Saturday services and before Hebrew School).

Supplies of hand sanitiser will be readily available for use on arrival and bottles of sanitiser will be left in the classrooms and around the premises.

## **4. Hebrew School**

Hebrew School can operate normally. Food may be served. Good hygiene practices should be followed by anyone preparing food, washing their hands thoroughly prior to touching food or dishes.

It is wise for children not to share food or drink bottles.

## **5. Adult Education such as Introduction to Judaism, tutoring of Bar and Bat Mitzvah students or other classes**

These classes can return operate without restriction.

## **6. Religious Services**

For Erev Shabbat services on a Friday night, it has been decided to continue with Zoom until further notice. The Ritual Committee will review this decision at the July meeting. However there will be a service with a pot luck dinner at the synagogue on the first Friday of the month starting 3 July and this pattern will most likely continue, providing there is reasonable attendance, even if we remain on zoom beyond July.

Saturday morning Shabbat Services have recommenced from the Synagogue and will continue on a weekly basis.

All services from the synagogue will be live streamed.

Under Alert Level 1 we can return to our normal ways of conducting services including the Torah service. It would, however, be preferable to avoid physical contact with the Torah mantle or breast plate during hakafot in the interests of hygiene. An alternative would be to bow to the Torah as it passes.

## **7. Kiddush**

The person leading Kiddush will wash their hands thoroughly before Kiddush.

The ritual hand washing is insufficient as it does not include soap and hot running water. Congregants are also advised to wash their hands or use hand sanitiser before eating challah.

The challah is to be lifted covered on a tray for the blessing rather than being held. The Kiddush leader will wear gloves either to cut the Challah or to tear it into pieces.

The Shammos will wash the Kiddush glasses in the steriliser or the dishwasher.

## **8. Meetings e.g. Board meetings, committee meetings, staff meetings**

There are no restrictions regarding meetings on site at Beth Shalom.

## **9. Weddings and Funerals**

There are no restrictions regarding weddings, funeral and the practice of Tahara.

## **10. Use of facilities by outside groups**

External groups with Board permission to use the Beth Shalom facilities may return to normal hire with no further restrictions.

## **11. Responsibility of congregants, Hebrew School children and parents, staff and visitors**

If any person is unwell or experiencing any respiratory symptoms, cold or flu symptoms they should not attend Beth Shalom but stay home.

Everyone needs to wash their hands regularly with soap and water for 20 seconds and then thoroughly dry their hands or use hand sanitiser. People also should avoid touching their faces, eyes, nose, mouth.

People are reminded to sneeze or cough into their elbow or use tissues disposing of them in a bin with a closed lid, then wash their hands or use hand sanitiser.

## **12. Communication of this Plan**

This plan will be disseminated by email to members and staff, posted on the Beth Shalom website, Facebook and will be displayed on the notice board.

### **13. Review of Plan**

This plan will be regularly reviewed, updated and communicated in line with any changes announced by the Ministry of Health.

If any clarification is needed of this plan, please contact the office and the Administrator will forward your email or message for reply by the appropriate person.