

Assumption of the Blessed Virgin Ukrainian Orthodox Church Ottawa, Ontario

Parish Regulations for Attending Church Services during the COVID-19 Pandemic Effective 23 June 2020

The parish regulations for attending church services, described below, comply with all provincial government and federal health guidelines covering the number of people allowed to attend a church service, physical distancing measures, and hygiene protocols.

The parish is not liable in the event a parishioner or anyone the parishioner comes into contact with becomes infected with COVID-19 after attending church service during the COVID-19 pandemic. Parishioners attending church service do so by personal choice and at their own risk, and take responsibility for protecting themselves and others by following all the parish regulations while attending church service.

Church service and weekday prayers and discussions will continue to be live streamed on the church's Facebook page <https://www.facebook.com/UkrOrthodoxChurchOttawa/> and on the church's website <http://www.ukrainianorthodox.info/live-stream.html>

- 1. If any of the following conditions apply to you, it is recommended that you please consider watching the church service online rather than attending in person:**
 - You are 65 years of age or older and are not in any way feeling well.
 - You live in the same household with an elderly person and/or those who are at high risk of being infected with COVID-19.
 - You are getting medical treatment that compromises (weakens) your immune system. For example: chemotherapy, medication for transplants, corticosteroids.
 - You have a condition that compromises (weakens) your immune system. For example: lupus, rheumatoid arthritis, other autoimmune disorder.
 - You have a chronic (long-lasting) health condition. For example: diabetes, emphysema, asthma, heart disease, high blood pressure, lung disease.
 - You are regularly going to a hospital or health care setting for a medical treatment. For example: dialysis, surgery, cancer treatment.
 - Your doctor recommends that you limit or avoid public gatherings.

2. **Please do not attend church service in person and watch the church service online if any of the following conditions apply to you:**
 - You are experiencing one or more of the following conditions: fever, sore throat, runny nose, congestion, cough, shortness of breath, digestive issues (vomiting, diarrhea), muscle aches, fatigue, decreased sense of smell, difficulty swallowing, or if you experience other symptoms associated with COVID-19.
 - You are infected with COVID-19 or live with someone who is infected with COVID-19.
 - You have travelled outside of Canada within the past 14 days.
 - You are awaiting your COVID-19 test results.

3. Based on Ontario government guidelines, **a maximum of 35 people are allowed to attend church service in our sanctuary during the COVID-19 pandemic**, including the priest, altar server, cantor, choir members and volunteers.

4. **To attend church service you must register with the church office by 2pm on the Friday before the Sunday when you wish to attend and get confirmation of your registration in the following way:**
 - To register, please phone the church office at 613-728-0856 or send your request by email to ukrorthodoxottawa@gmail.com
 - Registration is on a first come first served basis.
 - You will receive a confirmation by email or by phone from the church office by Friday evening that you are registered for the upcoming Sunday church service.
 - If you do not receive a confirmation email or phone call then the attendance limit of 35 people has been reached for the Sunday church service. You are encouraged to participate in the church service which is live streamed on the church's website and Facebook page.
 - Parishioners who have not registered will be permitted to enter the church only if the attendance limit of 35 has not been reached. Please understand that you will not be able to attend church service if 35 people are in the church.
 - You can only register for the church service happening on the upcoming Sunday; registration in advance will not be accepted. For example, requests to register for church service(s) in August will not be accepted in June and July.

5. **In order to secure the registered spot, all those who receive a confirmation to attend the church service must be in the church no later than 10 minutes before the service starts and sign in at the registration desk in the church hall lobby.** After signing in, the parishioner will be expected to be in the church pew no later than 5 minutes before the start of the service.

If a parishioner who has received confirmation for attending the church service has not signed in by the start of the service, their spot may be assigned to a parishioner who has

come to the church but has not registered. For greater clarity, if a registered parishioner arrives late for the church service and the allowed capacity of 35 has been reached in the church, then additional parishioners will not be allowed to enter.

6. **In the church building, please stay two (2) metres apart from each other at all times unless you live in the same household.**
7. **Please follow the instructions given by our volunteers at all times.** These instructions are for the protection of everyone attending church service.
8. **Please follow the Enter and Exit signs** to maintain the one-way traffic flow in compliance with Ontario government guidelines.
 - Enter through the church hall doors on the ground level and go up the inside stairs to access the church.
 - Exit through the main church doors on the upper level and go down the outside stairs.
9. **To use the washroom** you must exit the church through the main doors on the upper level, go down the outside stairs, and enter through the church hall doors to access the washroom. After using the washroom, please wash your hands with soap and water, then please sanitize your hands at the cleaning station, and return to the church by going up the inside stairs. Please do not go down the interior stairs to use the washroom.
10. **Please disinfect your hands** with the sanitizing liquid at the registration desk upon entering the church hall lobby and after leaving the washroom.
11. **Please bring your own face mask.** Face masks must be worn while attending church service. Face masks will not be provided by the church.
12. Candles will be available for purchase at the registration desk in the church hall lobby.
13. **The pews are marked with green tape indicating where parishioners are allowed to stand.** These markers ensure that parishioners are standing at least two (2) metres apart. **Please stand behind the tape marker** and do not move the tape. Parishioners who live in the same household may stand together.
14. **Do not kiss or touch the icons, the Gospel or the Cross.** Rather, please venerate these objects by bowing your head before them and crossing yourself.
15. It is especially important that parents make sure their **children remain in their place**

and do not wander or otherwise violate the two (2) metre physical distancing protocol. **Please note that the children's room in the back corner of the church will be closed during church service.**

16. **The long communal candles at the front of the church will not be used during the church service.**
17. **Confession must be arranged with the parish priest separately and in advance.**
18. **Donations to the church** can be placed in the donation box at the back of the church or at the registration desk in the church hall lobby.
19. **Please bring your own pen to write** on your donation envelope and to write the names of your family members and friends on the lists to request Fr. Ihor to say prayers for their health and/or for the repose of the departed. Alternately, email your request for prayers to Fr. Ihor.
20. **After Liturgy, you will be able to receive a piece of the blessed Antidoron (Prosfora)** at the front of the church.
21. **Please do not congregate with other parishioners to converse after Liturgy.** Always be aware of others so that you are always physically distanced by two (2) metres to ensure everyone's safety and comfort.
22. **If you or someone in your family develops COVID-19 symptoms within two weeks** after attending a church service then please contact the church office immediately by phone (613-728-0856) or by email to ukrorthodoxottawa@gmail.com.

Dated: 23 June 2020