Questions:

1. Before coming to church.
2. If you are anxious about returning to church be assured that you Kirk Session has undertaken a thorough assessment of both the general and church specific COVID-19 associated risks. Having identified the risk we have taken steps to minimise them through following the most recent version of the church of Scotland guidelines for minimising such risks of reopening our buildings.

While we do not claim any medical expertise, the central church suggests that each of us considers how different personal risks combine in a unique way for each one of us to determine our response to catching COVID-19. You will probably be very familiar with these factors since they have been widely reported on the Television and through newspapers. They include age, whether you are male, ethnicity, your weight, diabetes, heart and lung (including asthma) diseases, cancer, rheumatological diseases and immunosuppressant therapies.

If you are concerned, the central church has produced a helpful assessment tool which you can find on the website or though Facebook. Or you might like to contact your doctor, your family or you can speak to your elder or Alan.

1. Can I just turn up or do I need to book?

Yes, you can turn up at the East church on Sunday. The doors will open from 10am.

But you should bear in mind that the Scottish government has set an overall limit on the number who can gather in the East church. The current maximum is 50. The good news is that the East church can accommodate 50 people and still maintain 2 metre physical distancing. Since our normal Sunday congregation is higher than this number, there may be times when you are asked to return home because we have reached the maximum allowable limit.

Since we have no flexibility on this point and to help us with worship planning, you might prefer to let us know you will be coming along on Sunday by filling in the form available through Facebook or on our website or by phoning Stan Thomson 01330 ……. This would then allow you to give us the contact details we required to collect from people attending church each week and speed up your entry on Sunday.

1. Will the church be cleaned before I come along?

Yes, the church will have undergone a thorough clean before you arrive.as detailed in the church of Scotland reopening our church guidance. You will find the most recent version of these guidelines on the church of Scotland website-www.churchofscotland.org.uk

The church will be cleaned again after the service. There will be hand sanitiser at each door, but feel free to bring a small bottle for your personal use to church.

1. Will transport to church be organised by the church?

No, the normal church transport is suspended at present. Friends can, however, give each other lifts as longs a they stay within the current Scottish Government guidelines.

1. Where can I park my car?

The guidelines require us to maintain 2 metre physical distancing wherever possible and that includes getting into and out of cars. The car park and the church areas will be available to park in, but to ensure that physical distancing can be maintained and to minimise congestion around the church doors, please ensure that you obey any parking restrictions in place. These will be shown by the placement of no parking cones.

1. Will the toilets be open?

Yes, all sets of toilets in the halls and the church will be open for use. In the church please observe the one- way system in place which prevents re-entry to the church through the vestry side door into the church.

Only one person is allowed through the outer toilet doors at a time. These doors will be fixed open. Hot water and soap will be available in the toilets for hand washing alongside a supply of paper towels. As instructed by the guidelines, hand sanitiser will not be available for use in the toilets. It will be available at each door into and out of the church and the hall corridor. A supply of antibacterial wipes will be available in each toilet.

1. What time should I arrive at church?

The church doors will open from 10:00am. The 30 minutes service will start at 10:30am. The main front doors and inner doors will be kept open until the start of the service to ensure the building is well ventilated.

1. Do I have to wear a face mask?

Yes, everyone must wear a face mask when inside the church. The only exceptions are those leading worship at the front and those who cannot wear a mask for medical reasons.

1. I sometimes require water for a tickly throat when in church. Will the usual jug of water be in its normal position by the front door?

No, there will be no water supplied by the church available. If you feel you might need water, you should bring your own from home. Please do not share water with others.

1. Can I sit in my usual pew?

Possibly, possibly not. There will be a one-way system in operation around inside the church. Places where you can sit will be clearly marked with a green tick. If you are a household grouping please ask a steward where you may sit as a group and still maintain 2 metre physical distancing. Please do not sit anywhere else. When you enter, after your contact details have been take, you will be directed down one of the aisles. Since we have a limited capacity and can only us certain seats, the pews will be filled from the front to the back. Please do not cross any yellow and black tape or turn and go back up the aisle

1. Do I have to keep a 2 metre physical (Social) distance when inside the church buildings?

Yes, as well as on entrance and exit and in the car park and halls. The seating plan has been laid out to facilitate this distance.

1. What can I expect when I arrive?

Your kirk session recognises that the church may look very different from normal when we arrive once more at church so we have made a series of short videos which explain what the church looks like and how it will operate. The biggest change apart from the wearing of face masks will be the requirement for you to give us your contact details before you enter. You can either do this online or by phone as detailed in the answer to question 2 or provide them at the front door.

1. How long will the service be?

The service will be 30 minutes and include a welcome, an all age talk, a reflection, a musical reflection and a prayer and blessing.

1. Will I be able to sing?

Unfortunately, singing in all gatherings is not allowed under the current regulations. The service will include music videos for us to focus our thoughts as we listen.

1. Will I be able to join in the saying of the Lord prayer and any responses?

Yes as long as you do so quietly and wearing your face mask.

1. Since we have a one-way system in place, which door do I leave by?

Exit at the end of the service is through the vestry door if you are sitting on the left hand side of the church and the choir door if you are on the right hand side. We will exit row by row from the front. Please do not cross any red and yellow tapes. There are arrows on the floor to help you and stewards will direct you.

1. Will there be bibles on the pews?

No

1. Can I bring a hymn book?

No.

1. Will there be an Order of Service?

No.

1. Will there be tea and coffee after the service?

No.

1. What do I do if I feel unwell during the service?

You should request that a steward come to see you. The stewards will bring a first aider to you.

1. Who will be available to answer any questions I have?

There are a number of information posters displayed at the front doors. Members of the welcome team are at each door who you can ask for help.

1. What should I do if I have any concerns about measures taken by the church to minimise transmission of COVID-19?

We are always happy to hear constructive proposals to help us minimise and manage the transmission of COVID-19. If you have concerns or queries you should contact any of your health and safety volunteer, Chris Brindley, your property Convener, David Maxwell, our session clerk, Mike Jamieson or your minister, Alan.