

SOP – New Normal Worship Service under the RMCO from 12th July 2020

7th July 2020

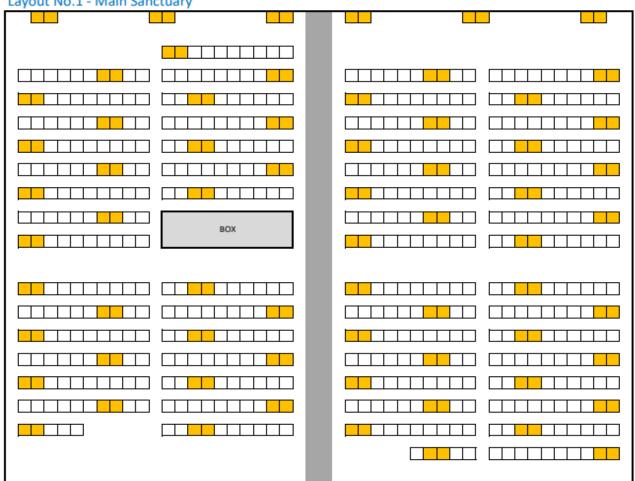
Dear PBC Family,

Greetings in the name of our Lord Jesus Christ!

We will be restarting our worship services again this Sunday, 12th July 2020. Please follow the guidelines listed below.

- 1. Put on a face mask.
- 2. Your temperature will be checked at the main gate.
- 3. Proceed to the foyer or the main door of the sanctuary immediately.
- 4. Follow the Ushers' instruction.
- 5. Observe social distancing. As a guide, there are lines drawn on the floor.
- 6. Sanitize your hands with the hand sanitization solution provided.
- 7. Register for Contact Tracing. Either
 - 7.1 Scan the QR Code to register or
 - 7.2 Manually register on the logbook
- 8. Tithes and offering boxes are located at the entrance of both the foyer and the main entrance. Please place your tithes/offering just before or after the worship services.
- 9. If there are two or more of you from the same household, you will be ushered to the Main Hall. Available seats are labelled yellow.

Layout No.1 - Main Sanctuary

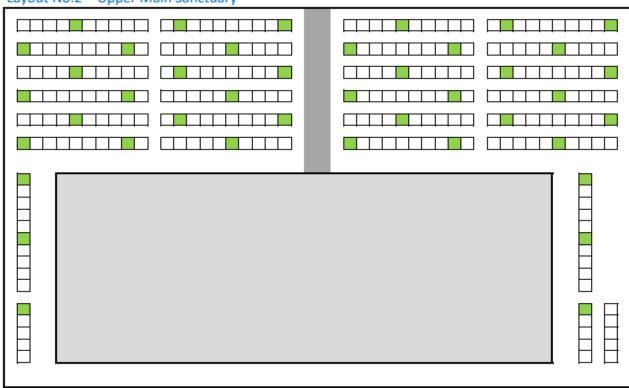




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10. If you are here alone, you will be ushered to the Upper Hall. Available seats are labelled green.

Layout No.2 - Upper Main Sanctuary



- 11. Except for the worship team, those in attendance at the service will sing with their mask on.
- 12. After the service, please exit in an orderly manner. There will NOT be any fellowship gathering for food and drinks.
- 13. We are currently located in the Yellow Zone. PBC members and worshippers are requested to refer to TABLE A attached and attend only if you meet these conditions.

On behalf of the leadership, CMC (Covid-19 Management Committee) Church Office Tel: +603 7957 5103



TABLE A

Very High Risk (Not Allowed)

Fulfil any ONE or MORE of the following criteria:

- 1. Obesity III (BMI of 40 or above ~ Weight above approximately 100kg for a person 1.6 m in height)
- 2. Severe hypertension or diabetes mellitus (e.g., requiring 3 or more different medications, insulin, OR multiple hospitalizations)
- 3. People who live in a nursing home or long-term care facility
- 4. Haemoglobin disorders, such as thalassemia
- 5. Immunocompromised (weakened immune system), including cancer treatment, bone marrow or organ transplantation, immune deficiencies, HIV, prolonged use of steroids
- 6. Liver disease, including cirrhosis
- 7. Serious heart conditions, including heart failure, coronary artery disease, congenital heart disease, cardiomyopathies, and pulmonary hypertension
- 8. Chronic kidney disease being treated with dialysis
- 9. Chronic lung disease, including severe asthma

Upper Age Limit (Not Allowed)

1. Age 70 and above (allowed, once we are located in the Green Zone)

Children age 12 and below (Allowed)

1. For ceremonies or gatherings where the child will always be together with and under the supervision of their parents/guardians AND is able to comply with social distancing.

High Risk (Allowed)

Do not fulfil criteria for Very High Risk BUT fulfil any ONE or MORE of the following criteria:

- 1. Obesity II (BMI of 35.0 39.9 ~ Weight approximately 90-100kg and above for a person 1.6 m in height)
- 2. Mild hypertension, diabetes mellitus, or asthma (e.g. requiring no more than 3 different medications in total)

Low Risk (Allowed)

Does NOT fulfil any criteria for High Risk or very High Risk