

## Worship Service Procedures

- 1) Attendance Restrictions
  - Only ages 13 – 69 yrs. allowed to attend. (12 and below, 70 and above not permitted)
  - Anyone under very high or high risk (per listing below) should not attend.
  - Anyone with covid-19 symptoms, cough, shortness of breath, chills & rigors, muscle pain, new loss of taste or smell.
- 2) Foreigners (Non Citizens)
  - Foreigners are not permitted to attend unless those with work permit holders, PR, MM2H, students on study visas and Spouse of Malaysians.
- 3) Entrance
  - Scan for temperature (37.5 and above not permitted)
  - Scan QR code or fill up attendance slip.
  - Maintain social distancing of 1 meter at all times (place markers).
- 4) Mask
  - Mask is to be worn at all times, even for singing
  - Preachers & Chairman can only remove for speaking (>10 ft from 1<sup>st</sup> pew)
- 5) Live Streaming
  - Worship service will be live streamed over 'You Tube' or Zoom
- 6) Sitting
  - Social distancing of 1 meter (place markers).
- 7) Order of Worship
  - Less 1 hymn (2<sup>nd</sup> hymn not sung)
- 8) Lord's Supper
  - Bread and Grape juice will be distributed at the entrance
- 9) Offering
  - Offering box placed at entrance.
  - Ushers to inform worshipper to drop their offerings into the box before service.
  - Chairman to remind worshippers before service commence.
- 10) Other activities
  - All other activities e.g. fellowship meetings, prayer meetings, etc. are not permitted. These will continue online.
- 11) Exit
  - After service all worshippers are to leave through another door.
- 12) QR Code
  - To set up QR code with SElangkah or MySejahtera

### Very High Risk

- Obesity III (BMI of 40 and above. - Weight approximately 100 kg for a person 1.6 meters in height)
- Severe hypertension or diabetes mellitus (requiring 3 or more different medication in total, insulin, OR multiple hospitalizations)
- People living in nursing homes or long-term care facilities
- Haemoglobin disorders e.g. thalassemia
- Immunocompromised (weakened immune system) including cancer treatment, bone marrow or organ transplant, immune deficiencies, HIV, prolong use of steroids
- Liver disease including cirrhosis
- Serious heart conditions and pulmonary hypertension
- Chronic liver disease
- Chronic lung disease including asthma

### High Risk

- Age 70 and above
- Obesity (BMI 35.0 -39.9. – Weight approximately 90-100 kg and above for a person 1.6 meters in height)
- Mild hypertension, diabetes mellitus, or asthma (e.g. requiring no more the 3 different medications in total)