

## **Sunday Morning Guidelines**

### **1. What if I'm not ready to return to worship?**

Some of you may not be ready to return to worship just yet, and that's ok! In fact, we strongly encourage those at high risk to watch the service remotely. Also, the CDC guidelines say, "To stay home if you are sick." These are ways where we can all protect the vulnerable and love our neighbors well. We will continue to provide a Livestream viewing experience. You can tune in at YouTube Live.

### **2. What if all seats are full?**

Through our seating plan, we have determined the maximum number of seats that we can fill in our worship center that follow recommended social distancing guidelines. Available pews will be clearly marked. Because of our small size we do not anticipate exceeding the safety guidelines.

### **3. Will masks be required? The short answer is, "yes."**

We are asking everyone to bring a mask. One will be provided for those without. Highlands Church staff will also be required to wear masks with one exception. Whoever is preaching, in the pulpit, or leading the worship team. Also, according to CDC guidelines, children 2 and under should not wear masks.

### **4. How is Highlands creating a touch-free experience on Sunday mornings?**

- All doors will be propped, including entrances and exits, as well as doors to restrooms.
- Communion will be offered in pre-packaged personal containers.
- The offering will be received through Text-to-Give or via offering plates placed in the entryway.

5. What is the plan for cleaning the facility in between services?

The facility will be thoroughly cleaned in between each service. Hand sanitizing stations will also be available at all entrances/exits to the worship center.

6. How will we dismiss from worship?

Following the benediction, we will guide dismissal by rows, beginning in the back and working toward the front. The congregation will be guided to use the side doors and will be encouraged not to gather in the building or parking lot following dismissal.

7. Will Nursery/Kids Worship childcare be available?

Based on CDC guidelines, we will not offer Nursery childcare/ Kids Worship until further notice. However, we welcome families with young children to come to worship on Sundays! For further information please contact our director of children and family ministries Dean Hollenbeck [dhollenbeck@highlandsstl.org](mailto:dhollenbeck@highlandsstl.org).

8. Will coffee be provided?

We will not provide coffee on Sunday mornings during this time.

9. What adjustments have you made to the HVAC system to improve air quality circulation?

The HVAC system has recently been evaluated for recirculated air. Filters are changed regularly and during the week and before services the building will have the doors propped to allow for additional airflow into the facilities.

10. A few reminders from medical professionals:

Make sure you follow the recommended CDC Guidelines that if you are you are sick or have been in close contact with a person with COVID-19, it is important that you stay home. This is a clear

way for us to love our neighbors. Also, the CDC strongly encourages you to stay home as well if you are in a high risk population as this is a way to keep yourself safe. We are thankful for our medical professionals who continue to guide us through this time.

Public Health officials reminds us to self-screen ourselves by asking these type of questions: Have you been in close contact with a confirmed case of COVID-19?; Are you experiencing a cough, shortness of breath or sore throat?; Have you had a fever in the last 48 hours (normal temperature should not exceed 100.4 degrees Fahrenheit)?; Have you experienced new loss of taste or smell?; Have you experienced vomiting or diarrhea in the last 24 hours? If you can answer “yes” to any of these questions, please stay home until you are symptom-free for 14 days.

We hope these questions and answers help give further clarity to the Welcoming Home process at Highlands Church! Please continue to pray for our church and community as we begin reopening for worship together.