



First Baptist
Griffin

A community of grace.

106 West Taylor Street
Griffin, Georgia 30223

770-227-5517 phone
770-412-7873 fax

www.fbcgriffin.org

Plan for Renewing In-Person Gatherings In Response to COVID-19 Pandemic

(Updated January 2021)

As we enter into 2021, a COVID Response Team at First Baptist has continued to review and modify our master plan for operating during this pandemic. We have sought the advice of medical professionals in our community, leaders from around the state, and all available public health and governmental data. The following guidelines are based on what we have learned about this virus over the past months - how it is spread and who is most at-risk for infection.

We want to be clear about the deep tension we all share between the desire to be together and the desire to avoid jeopardizing the safety of our deeply-valued members. That being said, no plan is 100 percent safe and any attempt to gather will include some element of risk. We encourage each of our members to be wise in their own health choices and not expose yourself to any unnecessary danger.

As we have learned over the past months, the situation is constantly changing and we must remain flexible and adaptable in our approach. The *how* of our operations will be outlined in the attached guidelines, put together based on recommendations from the Centers for Disease Control and Prevention, guidelines from the State of Georgia, as well as additional research from our team.

We will also answer our “*why*” with the following reminder from scripture:

One of them, an expert in the law, tested him with this question: “Teacher, which is the greatest commandment in the Law?” Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

Matthew 22: 35-40 NIV

We do not act out of fear but out of love - for God and for our neighbor. We do not want our gathering as a church to be a “hot spot” for the virus in our community.

We should think of our approach as a “combination therapy”¹ with five very familiar and doable elements: hygiene measures, screening, distancing, masks and culture. Independently, each one of these has flaws. However, when taken together and taken seriously, they can effectively shut down the spread of the virus. If we skip even one of these, our system to protect those who enter our building will likely fail.

First, **hygiene**. Research suggests that washing hands at least five times a day reduces medical visits for respiratory problems by forty-five percent. Even more frequent hand-washing will be more effective. Regularly disinfecting surfaces also helps. As a rule of thumb, wash and sanitize your hands every time you go into and out of a group environment, every couple of hours while you are in a group environment, and disinfect high-touch surfaces at least daily.

Screening also reduces the spread of this virus. This is due to the fact that many people do not realize that they are sick. This is why in certain settings, including our church building, persons entering will be asked, “In the last 48 hours, have you had: Any cough, shortness of breath, or difficulty breathing? Fever of 100.0 or higher? Any chills, body aches, headache, sore throat or new loss of taste/smell?”

Distancing. Environmental transmission (touching infected surfaces) may account for as little as six percent of COVID-19 infections.² Experts believe it is spread primarily through respiratory droplets emitted by infected people when they cough, sneeze, talk, or simply exhale. Loud talking has even been shown to generate measurably more droplets than quieter talking. A body of research about singing adds a very cautionary word about it not being safe to sing congregationally for the near future, as singing transmits aerosols up to thirty feet. This is why physical distancing is so important. Early research also indicates that the amount of time someone is exposed to an infected person matters a great deal. Though it is not known how long is too long, less than fifteen minutes seems to make spread unlikely. Currently, a six-foot distance is recommended to maintain at all times.

The fourth component of this therapy is the proper use of **masks** in combination with distancing. Masks provide “source control”, blocking the spread of respiratory droplets from a person with active, but perhaps unrecognized, infection.³ Masks primarily safeguard others, but they may also provide some protection to the individual wearing the mask.⁴ Wearing a mask in church and other public places conveys your care for others. This is especially true since individuals may spread the COVID-19 virus to others for up to 14 days before showing any sign of illness (pre-symptomatic spread).

While masks will be the norm for most of our common life together during this season, Griffin First Baptist Church is committed to being a “community of grace.” As such, we understand that there may be extenuating circumstances that may prevent some worship attendees from wearing a mask. In those instances, we ask that members extend grace to one another in love.

That leads us to the fifth element of this very doable therapy to stop the spread of this virus: **culture change**. We tend to focus on two desires: safety and freedom. For some, the driving mantra seems to be: “Keep me safe and do not infringe upon my right to be an individual.” Instead, we must embrace a biblical culture of caring for others as we care for ourselves. When I have a sore throat, I will choose to stay home and not expose anyone to it. And I must be okay with being reminded to pull my mask up and maintain six feet of physical distance. I do not want to make anyone sick, and I will value others’ safety and well-being above my individual freedom. Again, we are calling on our community to allow our commitment to grace, love for our neighbor, and a heart of service to guide us in these days.

This set of guidelines has been assembled and reviewed by a COVID Response Team of FBC Griffin, consisting of staff members Steven Norris, Seth Brown, Erin Clarke, Ellee Hilley, Sarah Murray, and Diane Lamb; Deacon Officers: Bonnie Brown, John Joiner, Gloria Williams, and Karen Sutton; additional committee chairs, Harry Burkhalter (Finance) and Harry Kierbow (Personnel); as well as select members of the medical community, Jim Dunaway, Gary Alexander, and Nicholas Bland.

This team is meeting on a weekly basis to assess three primary areas related to our church: (1) current medical information regarding the pandemic and its impact on our local medical community, (2) any incidents that have occurred within First Baptist related to COVID exposure or risk, and (3) all policies and procedures for FBC Griffin in response to our current situation.

¹ Adapted from “Amid The Coronavirus Crisis, A Regimen For Reentry,” *The New Yorker Medical Dispatch*, by Dr. Atul Gawande, May 13, 2020.

² Ferrets, Wymant, et al, “Quantifying SARS-CoV-2 transmission suggests epidemic control with digital contact tracing,” *Science*, <https://science.sciencemag.org/content/368/6491/eabb6936>

³ Zhang, et al "Identifying airborne transmission as the dominant route for the spread of COVID-19," *Proceedings of the National Academy of Sciences of the United States of America*, <https://doi.org/10.1073/pnas.2009637117>

⁴ Howard, Huang, et al, “Face Masks Against COVID-19: An Evidence Review,” *Preprints 2020*, <https://www.preprints.org/manuscript/202004.0203/v1>

APPENDIX 1

Guidelines for On-Campus Employees, Volunteers, and Visitors

As a community of grace, FBC Griffin implementing the following guidelines for our facilities in an effort to look out for the interests and needs of our most vulnerable members.

**Due to the inherent uncertainty of this virus, these plans are only tentative and could change based on the data and recommendations of local, state, and national health officials.*

- All employees, volunteers, and visitors to the building should observe **physical distancing** while in the building (staying 6 feet away from others when you must go into a shared space).⁵
- All employees and volunteers should frequently **wash hands** or use alcohol-based hand sanitizer (at least 60% alcohol) when soap and water are not available throughout the day.⁵ Hand sanitizing stations will be placed around the building at major points of entrance and common areas for this purpose.
- When engaged with others (especially with members of the general public), employees and volunteers are **strongly** encouraged to wear a **cloth face covering**.⁵ This is also recommended (though not required) if a person is working alone in their office space.
 - FBC Griffin is a “community of grace.” As such, we understand that there may be extenuating circumstances that would prevent an employee or volunteer from wearing a mask. These include (but are not limited to):
 - ▶ Children younger than 2 years old.
 - ▶ Those who have trouble breathing or are unable to remove the mask without help.
 - ▶ Those whose health conditions prohibit wearing a face covering.
 - ▶ Those communicating with a hearing-impaired person, needing your mouth to be visible.
- Visitors to the church facility will be strongly encouraged to wear a mask while on campus. Extra masks will be available if folks do not have one available.⁶
- All employees and volunteers should avoid touching eyes, nose, and mouth.⁵
- Every employee should self-screen at home before coming to work. This should include the following questions: In the last 48 hours, have you had: Any cough, shortness of breath, or difficulty breathing? Fever of 100.0 or higher? Any chills, body aches, headache, sore throat or new loss of taste/smell? Visitors to the building may also be asked these questions before entrance to the building is allowed.

**Because brief exposure does not appear to be sufficient for the spread of disease, those merely dropping off or picking up items may be exempt from these screening procedures.*

If an employee or volunteer feels sick, they should stay at home.⁶ Symptoms may appear 2-14 days after exposure to the virus. The following are common symptoms of COVID-19:^{7, 5}

- Fever or chills (over 100)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

- If, at any time, an employee or volunteer tests positive for COVID-19, they should immediately contact their direct supervisor (Leigh Ann Williams or Steven Norris). Employees and volunteers that have tested positive for COVID-19 should then follow the guidelines for quarantine from the CDC or a medical professional (these guidelines are individualized and based on a person's unique symptoms).⁵
- If an employee has been in close contact* with someone who has tested positive for COVID, they should quarantine for a minimum of seven days followed by a negative COVID test (or a minimum of ten days without testing).

**Close contact is defined by CDC as someone who was within within 6 feet of someone who has COVID-19 for a total of 15 minutes or more; you provided care at home to someone who is sick with COVID-19; you had direct physical contact with the person (hugged or kissed them); you shared eating or drinking utensils; or they sneezed, coughed, or somehow got respiratory droplets on you.*

- Employees should help the custodial staff to clean and disinfect frequently touched objects and surfaces. This includes, but is not limited to the following:⁵
 - tables
 - desks
 - toilets
 - doorknobs
 - phones
 - faucets and sinks
 - light switches
 - keyboards
 - touch screens
 - countertops
 - photocopy machine
 - handles

**Proper protective equipment should be used in cleaning these spaces (mask, gloves, etc.) as well as the designated disinfectant/cleaner.*

- Using office equipment of other staff members is strongly discouraged (phones, desks, offices, etc.).⁵
- Whenever possible, we will continue to use virtual meetings for the staff. If in-person meetings are necessary (example: counting team), they should be conducted in a space that will allow for social distancing. The meeting space should be immediately wiped down and thoroughly disinfected following the meeting.^{5, 6}

- If an employee feels uncomfortable working in the office due to any condition that would cause the employee or a member of their household to be at a higher-risk for infection, they should contact their supervisor (Leigh Ann Williams or Steven Norris) to make arrangements to work from from home (if possible).
- FBC will place signs encouraging physical distancing, proper hygiene, proper use of face coverings, and other related educational information throughout the building.^{4, 5}

⁵ “Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes,” *Centers for Disease Control and Prevention*, <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

⁶ Governor Brian Kemp, Executive Order: “Reviving a Healthy Georgia,” May 12, 2020, <https://gov.georgia.gov/document/2020-executive-order/05122002/download>

⁷ “Symptoms for Corona Virus,” *Centers for Disease Control and Prevention*, <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

APPENDIX 2

Guidelines for On-Campus Small Groups

It is our desire to provide venues for Sunday school classes and small groups to meet. Because of the limited space and needs for worship, small groups and Sunday school classes will not be able to meet on Sunday mornings. However, we have identified multiple locations within the church facility that we believe will best suit the needs of our groups. Each of these locations meet the following requirements: (1) separate entrance; (2) access to their own restrooms; (3) large enough space to observe social distancing.

- **Morgan Hall**
- **Long Sunday School Class**
- **Cheatham Room**
- **Hospitality Room**
- **Youth Room**
- **Scout Lodge green space**

We will be making these spaces available on Monday, Wednesday, and Friday. Classes/Groups will need to reserve these locations for your Sunday school class or small group by contacting the church office.

**It is not required that classes meet in person. Some classes may elect to continue meeting in an online or virtual format. If you need help setting this up for your class, you may contact the church office for assistance.*

On Campus Meetings

Classes meeting on the church campus should be prepared to observe the following guidelines:

- All visitors to the building should observe physical distancing while in the building (staying 6 feet away from others when you must go into a shared space).⁸
- All group members should frequently wash hands or use alcohol-based hand sanitizer (at least 60% alcohol) when soap and water are not available.⁵
- When on campus, all guests are strongly encouraged to wear a cloth face covering.^{8,9} FBC is a “community of grace.” As such, we understand that there may be extenuating circumstances that would prevent someone from wearing a mask. These include (but are not limited to):
 - Those who have trouble breathing or are unable to remove the mask without help.
 - Those whose health conditions prohibit wearing a face covering.
 - Those communicating with a hearing-impaired person, needing their mouth to be visible.
- All visitors to the church facilities should avoid touching eyes, nose, and mouth.⁸
- Every group member should self-screen at home before coming to a gathering. This should include the following questions: In the last 48 hours, have you had: Any cough, shortness of

breath, or difficulty breathing? Fever of 100.0 or higher? Any chills, body aches, headache, sore throat or new loss of taste/smell?

If you feel sick, please stay at home.⁵ Symptoms may appear 2-14 days after exposure to the virus. The following are common symptoms of COVID-19:^{8, 10}

- | | |
|---|------------------------------|
| - Fever or chills (over 100) | - Headache |
| - Cough | - New loss of taste or smell |
| - Shortness of breath or difficulty breathing | - Sore throat |
| - Fatigue | - Congestion or runny nose |
| - Muscle or body aches | - Nausea or vomiting |
| | - Diarrhea |

- If, at any time, a group member tests positive for COVID-19, they should immediately contact their group leader who should also contact Rev. Steven Norris. Those individuals should then follow the guidelines for quarantine from the CDC or a medical professional (these guidelines are individualized and based on a person's unique symptoms).
- If a group member has been in close contact* with someone who has tested positive for COVID, they should quarantine for a minimum of seven days followed by a negative COVID test (or a minimum of ten days without testing).

**Close contact is defined by CDC as someone who was within within 6 feet of someone who has COVID-19 for a total of 15 minutes or more; you provided care at home to someone who is sick with COVID-19; you had direct physical contact with the person (hugged or kissed them); you shared eating or drinking utensils; or they sneezed, coughed, or somehow got respiratory droplets on you.*

- All groups should keep a record of attendance. In the event that a possible COVID-19 exposure is discovered, we will contact all those present at the affected gathering and shut down the meeting space for deep cleaning.
- Group meetings should be limited to approximately forty five minutes. They should not include singing at this time.
- There will likely be other groups gathering in the church at the same time. Groups are asked not to socialize in the halls and/or common spaces of the church building. Please use the designated entrance for your respective space.
- If you are not already involved in a Sunday school class or small group, please contact the church office. We can help connect you with an existing group or give you information about additional groups that are being developed for this time.

Off Campus Meetings

Some classes will elect to meet at homes or other off-campus locations. We encourage those groups to adhere to the following guidelines to better ensure the safety of all our members and to provide space that can be inclusive of as many people as possible.

- All participants should observe physical distancing while gathering (staying 6 feet away from others when you must go into a shared space).⁸
- Groups are encouraged to use face-coverings during meetings (same exceptions listed above apply).⁸
- If a meal is involved, families are encouraged to bring their own food and not provide any “buffet-style” meals.
- Members should self-screen using the above questions.⁸
- All groups should keep a record of attendance. In the event that a possible COVID-19 exposure is discovered, we will contact all those present at the affected gathering as well as the host of the event.

⁸ “Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes,” *Centers for Disease Control and Prevention*, <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

⁹ Governor Brian Kemp, Executive Order: “Reviving a Healthy Georgia,” May 12, 2020, <https://gov.georgia.gov/document/2020-executive-order/05122002/download>

¹⁰ “Symptoms for Corona Virus,” *Centers for Disease Control and Prevention*, <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

APPENDIX 3

Guidelines for In-Person Worship Services

The second step in our plan for regathering will include a return to in-person worship. We have made plans keeping some of our most vulnerable members in mind. We have also tried to honor our church's commitment to the unique expressions of worship embodied in our traditional and contemporary services. Therefore, we are implementing the following guidelines for worship for the foreseeable future.

- We will conduct two morning worship services (9:30 and 11:00).^{11, 12}
- Our 9:30 service will be more “traditional” in style and will be held in the sanctuary. Attendees will be asked to sit in designated spaces to ensure physical distancing.
 - To mitigate the flow of people entering and exiting the sanctuary, we will ask that those attending worship enter and exit from the Taylor Street side of the sanctuary. (Those with mobility issues can enter and exit through the organ side door.) All other doors will be locked during this time.
 - We have removed some items from the sanctuary that are particularly difficult to disinfect (hymnals, Bibles, pew cards, etc.).
- Our 11:00 service will be more “contemporary” in style and will be held in Morgan Hall. Chairs will be spaced out to ensure physical distancing and we will have overflow seating available in the gym, if needed.
 - To mitigate the flow of people entering and exiting Morgan Hall, we will ask that those attending worship enter and exit the Family Life Center through the double doors on Eighth Street (under the portico). All other doors will be locked during this time.
 - Plastic and/or metal chairs will be used during this time instead of the normal padded worship chairs. This will help our cleaning staff in effectively cleaning and disinfecting the worship space between services.
- Children's Church and nursery will be provided. All children will be screened at drop off. Childcare workers are required to wear masks for the duration of their service.
- All attendees will be asked to maintain physical distancing measures (remaining 6 ft. apart) from those that do not live in the same household.^{11, 12}
- Common Grounds Coffee House will not be open and the self-serve coffee kiosk will not be accessible. Congregation members will be encouraged to come only for the time of worship.
- During these services, we will observe the following special procedures to help prevent the spread of disease:
 - We will ask attendees to wear **cloth face covering**, whenever possible.^{11, 12} Extra masks will be available for those who do not bring a personal one. Ministers and

musicians will wear masks when greeting the congregation, but may remove them while leading in the service to facilitate clear audio and non-verbal communication.

- FBC Griffin is a “community of grace.” As such, we understand that there are extenuating circumstances that may prevent some worship attendees from wearing a mask. Please let a greeter know when you arrive if one of the following circumstances affects you.
 - ▶ For children younger than 2 years old.
 - ▶ If you have trouble breathing or are unable to remove the mask without help.
 - ▶ If your health conditions prohibit wearing a face covering.
 - ▶ If you’re communicating with a hearing-impaired person, needing your mouth to be visible.
- Worship attendees are asked to self-screen before entering the building. This should include the following questions: In the last 48 hours, have you had: Any cough, shortness of breath, or difficulty breathing? Fever of 100.0 or higher? Any chills, body aches, headache, sore throat or new loss of taste/smell? If the answer to any of these is yes, we recommend that the individual not enter the building voluntarily.
- We will encourage people to enter directly into the worship space. (We discourage congregating or socializing in the hallways since there is not proper space to do that while maintaining appropriate physical distancing.)
- We will have hand sanitizing stations around the church and encourage people to sanitize their hands upon entering the worship space.^{11, 12}
- Greeters will be encouraged to refrain from physical touch and shaking hands. If they are at a door, they will be encouraged to prop open the door to limit the number of people touching common surfaces.
- We will have bulletins placed on pews to help space households apart. Please sit where a bulletin is located. In addition to the bulletin, we will project the order of service onto the screen(s) at the front of the worship space.^{11, 12}
- At this time, there will be no choral or congregational singing because the act of singing has been shown to greatly increase the spread of disease, even with the use of masks. While we may use soloists for special music during this time, we would ask that the congregation not sing along. (It is the current thought that even the use of masks does not fully mitigate the risk involved in group singing.)^{12, 13, 14}
- Children’s worship materials will be available in gallon zip lock bags and will contain single-use (disposable) materials for children.¹²
- The morning offering will be taken up at the door at the end of the service rather than “passing the plate.”^{11, 12} Congregants are welcome to continue giving online, through text message, or by mailing in their offerings by check.

- Our plan is to continue celebrating communion on the first Sunday of each month. We will have tables set up at the entrance of “disposable” communion supplies that worshippers can pick up as they enter.¹²
- We are asking that families fill out a reservation form for worship so that we can better plan for worship materials. We will send out this reservation form weekly and it can be accessed via the church calendar and the website.
- If someone attends one of our weekend services and later discovers that they have tested positive for COVID-19, they are asked to contact Steven Norris, so that we may assess the risk and mitigate against any potential spread. They should then follow the guidelines for necessary quarantine from the CDC and/or a medical professional (these guidelines are individualized and based on a person’s unique symptoms).
- If a church member or guest has been in *close contact** with someone who has tested positive for COVID-19, they should not attend for a minimum of one Sunday (with a negative COVID test) or two Sundays (without a test).

**Close contact is defined by CDC as someone who was within within 6 feet of someone who has COVID-19 for a total of 15 minutes or more; you provided care at home to someone who is sick with COVID-19; you had direct physical contact with the person (hugged or kissed them); you shared eating or drinking utensils; or they sneezed, coughed, or somehow got respiratory droplets on you.*

- For those who still feel uncomfortable gathering in person, we will continue offering our broadcast services of the “traditional” service (television, radio, and internet streaming) and the “contemporary” service (internet streaming), both at 11:00 a.m.^{11, 12}

¹¹ Governor Brian Kemp, Executive Order: “Reviving a Healthy Georgia,” May 12, 2020, <https://gov.georgia.gov/document/2020-executive-order/05122002/download>

¹² “A Conversation: What Do Science and Data Say about the Near-Term Future of Singing” *Co-sponsored by National Association of Teachers of Singing, American Choral Directors Association, Chorus America, Barbershop Harmony Society, and Performing Arts Medicine Association*, featuring Dr. Lucinda Halstead and Dr. Donald Milton, <https://www.youtube.com/watch?v=DF13GsVzj6Q&t=598s>

¹³ Erin Bromage, “The Risks - Know Them - Avoid Them,” https://www.erinbromage.com/post/the-risks-know-them-avoid-them?fbclid=IwAR3B_NRLAqwWKvCsOOm-rmAifxuB4fD46m1kn2rweiMjkb7PSujRS8H_pHo

¹⁴ “Is it safe for choirs to rehearse or perform during the COVID19 pandemic?” *Emory Voice Center*, <https://youtu.be/7ebyTqjzrKE>

APPENDIX 4

Guidelines for Benevolence and Clothes' Closet Ministries

As we prepare to open our Benevolence and Clothes' Closet ministries up to the wider community, we feel that it is necessary to make plans with the interests and needs of our most vulnerable members and clients in mind. Therefore, we are implementing the following guidelines for the FBC Griffin Ministry Center and other facilities.¹⁵

Due to the needs for additional space as a result of the required physical distancing recommendations, we will be shifting the location of some of our normal gathering spaces.

- Benevolence intake will continue in the Ministry Center.
- The Scout Lodge or an outdoor area will serve as the waiting area for the clothes closet.

In each of these spaces, we will ask that volunteers and clients observe the following guidelines:

- All volunteers and clients should observe **physical distancing** while in the building (staying 6 feet away from others when you must go into a shared space).¹⁶
- All volunteers should frequently **wash hands** or use alcohol-based hand sanitizer (at least 60% alcohol) when soap and water are not available throughout the day.⁴ Hand sanitizing stations will be placed at the entrance.
- All volunteers and clients are **strongly** encouraged to wear a **cloth face covering** while inside in the Benevolence or Clothes' Closet areas.¹⁷
 - FBC Griffin is a "community of grace." As such, we understand that there may be extenuating circumstances that would prevent a volunteer or client from wearing a mask. These include (but are not limited to):
 - ▶ Children younger than 2 years old.
 - ▶ Those who have trouble breathing or are unable to remove the mask without help.
 - ▶ Those whose health conditions prohibit wearing a face covering.
 - ▶ Those communicating with a hearing-impaired person, needing your mouth to be visible.
- All volunteers and clients should avoid touching eyes, nose, and mouth.¹⁶
- **Clients are asked not to bring children** into the Ministry Center (Benevolence or Clothes Closet) or the Scout Lodge at this time.
- Every volunteer should **self-screen** at home before coming to serve. This should include the following questions: In the last 48 hours, have you had: Any cough, shortness of breath, or difficulty breathing? Fever of 100.0 or higher? Any chills, body aches, headache, sore throat or new loss of taste/smell? Clients may also be likewise screened before entrance to the building is allowed.

If a volunteer feels sick, they should stay at home.¹⁷ Symptoms may appear 2-14 days after exposure to the virus. The following are common symptoms of COVID-19:^{17, 16}

- Fever or chills (over 100)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

- If, at any time, a volunteer tests positive for COVID-19, they should immediately contact their direct supervisor (David Cordova, Tami Sexton, or Steven Norris). Volunteers that have tested positive for COVID-19 should not come to Benevolence or the Clothes Closet and should follow the guidelines for quarantine from the CDC or a medical professional (these guidelines are individualized and based on a person's unique symptoms).¹⁸
- If an employee has been in close contact* with someone who has tested positive for COVID, they should quarantine for a minimum of seven days followed by a negative COVID test (or a minimum of ten days without testing).

**Close contact is defined by CDC as someone who was within within 6 feet of someone who has COVID-19 for a total of 15 minutes or more; you provided care at home to someone who is sick with COVID-19; you had direct physical contact with the person (hugged or kissed them); you shared eating or drinking utensils; or they sneezed, coughed, or somehow got respiratory droplets on you.*

- Volunteers should help the custodial staff to **clean and disinfect frequently touched objects and surfaces**. This includes, but is not limited to the following:¹⁷
 - tables
 - doorknobs
 - light switches
 - countertops
 - handles
 - desks
 - phones
 - keyboards
 - Photocopier
 - toilets
 - faucets and sinks
 - touch screens

**Proper protective equipment should be used while cleaning these spaces (mask, gloves, etc.). Designated disinfectant/cleaner will also be available from the church staff.*

- FBC will place **signs** encouraging physical distancing, proper hygiene, proper use of face coverings, and other related educational information throughout the building.^{16, 17}

¹⁵ Due to the inherent uncertainty of this virus, these plans are only tentative and could change based on the data and recommendations of local, state, and national health officials.

¹⁶ "Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes," *Centers for Disease Control and Prevention*, <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

¹⁷ "Symptoms for Corona Virus," *Centers for Disease Control and Prevention*, <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

APPENDIX 5

Guidelines for Weight Room and Exercise Facility

As we begin open our building to the wider community, we feel that it is necessary to make plans with the interests and needs of our most vulnerable members and clients in mind. Therefore, we are implementing the following guidelines for the Family Life Center at FBC Griffin and the exercise areas.¹⁸

At this time, only the weight room and aerobics areas are open to be used. The gymnasium and coffee house will remain closed until further notice. The max capacity for these spaces is as follows:

- Weight Room - 6 individuals²¹
- Aerobics Room - 4 individuals²¹
- Gym - Closed at this time for exercise, sports, etc.

***ALL GUESTS USING THE WEIGHT ROOM OR AEROBICS ROOM SHOULD BE AWARE THAT HEAVY BREATHING ASSOCIATED WITH STRENUOUS EXERCISE WILL GREATLY INCREASE THE RISK OF POTENTIAL COVID-19 TRANSMISSION. PLEASE USE DISCRETION WHEN UTILIZING THIS SPACE.**

In each of these spaces, we will ask that guests observe the following guidelines:

- All guests should observe **physical distancing** while in the building (staying 6 feet away from others when you must go into a shared space).^{19, 20} This includes distance between trainers and clients. *However, numerous studies suggest that those exercising should keep physical distance of 16 ft. or more due to the aerosol transmission of COVID-19.*
- Members engaging in an aerobics or other fitness classes should maintain physical distance of 10 feet between participants.²¹ *However, numerous studies suggest that those exercising should keep physical distance of 16 ft. or more due to the aerosol transmission of COVID-19.*
- All guests are asked to **sign in** when they arrive. If we become aware of an issue regarding any potential COVID-19 exposure, we will contact you using that sign-in information.
- All guests should frequently **wash hands** or use alcohol-based hand sanitizer (at least 60% alcohol) when soap and water are not available throughout the day.¹⁹ Hand sanitizing stations will be placed at the entrance.²¹
- All guests to the FBC Building are **strongly** encouraged to wear a **cloth face covering** while inside all areas of the building.²⁰ Heavy breathing associated with strenuous exercise greatly increases the risk of viral spread.
- All guests should avoid touching eyes, nose, and mouth.²⁰

- Every guest should **self-screen** at home before coming to serve. This should include the following questions: In the last 48 hours, have you had: Any cough, shortness of breath, or difficulty breathing? Fever of 100.0 or higher? Any chills, body aches, headache, sore throat or new loss of taste/smell? Guests to the building may also be asked these questions before entrance to the building is allowed. If the answer to any of these is “yes,” guests should not enter the building.

Symptoms may appear 2-14 days after exposure to the virus. The following are common symptoms of COVID-19:^{21, 20}

- | | |
|---|------------------------------|
| - Fever or chills (over 100) | - Headache |
| - Cough | - New loss of taste or smell |
| - Shortness of breath or difficulty breathing | - Sore throat |
| - Fatigue | - Congestion or runny nose |
| - Muscle or body aches | - Nausea or vomiting |
| | - Diarrhea |

- If, at any time, a guest tests positive for COVID-19, they should not use the workout facility and should immediately contact the church office at (770) 227-5517. Guests should then follow the guidelines for quarantine from the CDC or a medical professional (these guidelines are individualized and based on a person’s unique symptoms).
- If a guest has been in *close contact** with someone who has tested positive for COVID, they should refrain from using the workout facilities for a minimum of seven days followed by a negative COVID test (or a minimum of ten days without testing).

**Close contact is defined by CDC as someone who was within within 6 feet of someone who has COVID-19 for a total of 15 minutes or more; you provided care at home to someone who is sick with COVID-19; you had direct physical contact with the person (hugged or kissed them); you shared eating or drinking utensils; or they sneezed, coughed, or somehow got respiratory droplets on you.*

- Those using the equipment in the weight room or aerobics room should **clean and disinfect all equipment** with the provided disinfectant and a paper towel before AND after use to prevent the spread of disease.²¹
- Those using the treadmill or other aerobic machines should have a minimum of one empty machine between themselves and the next person using the space.²¹
- Guests are asked to refrain from using water fountains at this time. They are also discouraged from using restrooms at this time (though they are available for emergency situations).
- FBC will place signs encouraging physical distancing, proper hygiene, proper use of face coverings, and other related educational information throughout the building.^{20, 21, 22}
- If guests are observed failing to follow the above rules, they may be asked to leave and their access to the building may be revoked.

¹⁸ Due to the inherent uncertainty of this virus, these plans are only tentative and could change based on the data and recommendations of local, state, and national health officials.

¹⁹ “Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes,” *Centers for Disease Control and Prevention*, <https://www.cdc.gov/coronavirus/2019-ncov/community/reopen-guidance.html>

²⁰ Governor Brian Kemp, Executive Order: “Reviving a Healthy Georgia,” May 12, 2020, <https://gov.georgia.gov/document/2020-executive-order/05122002/download>

²¹ “Symptoms for Corona Virus,” *Centers for Disease Control and Prevention*, <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

APPENDIX 6

Guidelines for COVID Exposure and Outbreaks

If a member or guest of First Baptist attends a service or event and later discovers that they have tested positive for COVID-19, they should contact Steven Norris to allow us to assess the possibility of exposure risk to the congregation. All efforts will be made to maintain the privacy of the individual's health information.

In the event of a reported case, the following steps will be utilized.

- The ministers will be informed of the report in order to assess the potential exposure risk to the congregation.
- The incident will be reported confidentially to the COVID Response Team (leaving out any identifying information to protect the individual's privacy). Based on the circumstances of the individual case, the Response Team will assess the incident and make a recommendation to the church as to appropriate actions.
- Such actions may include, but are not limited to the following, based on the severity and circumstances of the incident:
 - Reporting the potential exposure to the congregation.
 - Contacting individuals believed to be in close proximity to individual who tested positive.
 - Suspending services (either individually or entirely) for 1-2 weeks.
 - Thoroughly disinfecting and deep cleaning the area in question.
- Additional actions may be also taken by the COVID Response Team when there has not been a specific exposure risk based on the current state of the healthcare system in Griffin and Spalding County.