



Chinese Presbyterian Church  
雪梨華人長老會



會正：陳靈光牧師 Moderator: Rev Chris CHAN  
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**Updated Covid-19 Safety Plan for  
Chinese Presbyterian Church, Surry Hills  
Date: In effect from 12<sup>th</sup> March, 2022**

*Plan completed by: WHS Subcommittee of CoM*

At all phases/ stages of NSW Public Health Orders during the COVID pandemic, it is required that:

- All staff, members and visitors who are experiencing the following symptoms refrain from attending any gatherings/ events/ meetings/ worship service onsite at the Chinese Presbyterian Church, Surry Hills, or outside places (e.g. at other member's homes, etc) and get themselves tested.
  - Fever (i.e. temperature of 37.5 degrees or more)
  - Coughing
  - Sore throat
  - Shortness of breath.
  - Cold/flu-like symptoms (e.g. runny nose or congestion)
- The following symptoms have also been associated with Covid-19 virus and members are encouraged to get themselves tested should they display the following:
  - Headache or fatigue
  - Muscle or joint pains
  - Nausea or loss of appetite
  - Diarrhoea or vomiting
  - Temporary loss of smell or altered sense of taste.
- Any staff, members and visitors of congregations with the mildest of symptoms should get themselves tested (either via PCR test or Rapid Antigen Test) for Covid-19, and be cleared (i.e. receive a negative result / serving isolation period as per NSW health) before attending any events, meetings or gatherings on the premises of the Chinese Presbyterian Church (CPC).
- All staff, members and visitors of the congregations who have tested positive for Covid-19, or have been identified as a **close/household contact** and/ or advised by Public Health to isolate, **MUST NOT** attend any in-person meetings, gatherings or events on the premise. Involvement via video conferencing is encouraged if you are able to do so.
- All members are encouraged to sneeze and cough into their bent elbows to minimize spread of droplets.
- The wearing of masks for all people aged 2 and above is highly recommended in all indoor areas and/or where social distancing cannot be maintained. Children under 2 years of age must not wear a mask due to choking and suffocation risk.
- Good handwashing and social distancing (at least 1.5m) practices are highly recommended at all times. Posters will be placed in each bathroom and common public areas/ rooms. Areas will be marked off to ensure social distancing is adhered.
- Adequate cleaning measures should also be utilised ensuring that commonly touched surfaces are regularly cleaned.
- Staff, members and visitors of CPC will cooperate with NSW Health if contacted in relation to a positive case of COVID-19.

# Covid Safety Plan for Chinese Presbyterian Church, Surry Hills

## For staff at CPC:

- Employees can continue to work from home, if it is reasonably practicable to do so, and if your employer is agreeable to a working from home plan.
- Working on the premise is allowable.
- Staff displaying symptoms or categorised as close/household contact, as listed below, should not be working onsite.
- If workers are to work on site in a shared space, wearing of face mask is recommended especially if social distancing cannot be maintained. Maintaining good hand hygiene, cleanliness and social distancing is highly recommended.

## Groups & Use of CPC for other purpose

- Any other use of the CPC premise must be made with prior booking via the CPC church office for logistical purpose (see last page). This is allowable for non, partial and fully vaccinated people.
- The wearing of mask is recommended if you are unable to maintain social distancing (indoors or outdoors), unless you are communicating with another person who is deaf or hard of hearing, and/or clear enunciation or visibility of your mouth is required e.g. conducting a presentation up front; or you have a medical exemption to do so.
- There is no density limit within the premise. However as room sizes differ, attempts to offer appropriate room size will be given according to group size and use.

## Food related ministry & practices

- Food related ministry and practices is permissible on site with some caution. Employment of strategies should be considered where possible, with regards to:
  - Single serve packaging
  - Multiple serving areas
  - Minimizing queues
  - Reducing contact/ touch
  - Encouraging small, sit-down groupings
- Those preparing, cooking and serving food must be symptom free, wearing gloves and face masks, as well as following health and safety guidelines and protocol to food safety.
- People managing food related ministries must encourage and utilize strategies to allow the maintenance of social distancing and good hand hygiene practices.

## ADDITIONAL RESOURCES:

### What to do when you have tested positive to COVID-19:

At the present time, if you have tested positive on a RAT test, please register your result with ServiceNSW and proceed with the isolation rules. If you have been tested positive on the PCR, there is no need to register your result, please follow the isolation rules below.

As a courtesy, please inform individuals/ groups of people including CPC elders/ ministers if you have spent a significant amount of time at CPC up to 2 days prior to testing positive to Covid-19. This will allow elders/ ministers to inform relevant groups of people to monitor for symptoms. Your details will be kept confidential in this matter.

### Self isolation rules:

Currently those with symptoms MUST STAY AT HOME or in your ACCOMODATION SETTING and remain separated from others. You can leave to get medical care or if risk of staying at home is significant (e.g. evacuation orders). You cannot have visitors in your home.

# Covid Safety Plan for Chinese Presbyterian Church, Surry Hills

You must isolate for the amount of time you are told to. Your isolation period starts from the day you were tested or exposed with someone with Covid-19. At present self-isolation is 7 days, as long as you are showing no symptoms. Should your symptoms persist past the 7day period, you will need to continue to self-isolate up to an additional 7 days.

Critical essential workers who are close contacts but are asymptomatic are permitted to leave self-isolation to attend work. This is in accordance to discussions with your employer/ organisation.

## **Am I a close/ household contact? What should I do?**

Close/ household contacts are identified as people in your immediate household, whether they are family members or those who have visited and spent 4 or more hours in your home/ accommodation setting up to 2 days prior to when the Covid-19 person has been diagnosed (either on PCR test or via Rapid Antigen Test).

The risk of you, as a close/household contact getting Covid-19, depends on your vaccination status, mask wearing, maintenance of social distancing, location of meeting (indoors vs outdoors) and time spent in close proximity of the covid +ve person.

Close/ household contact will only need to self-isolate for 7 days commencing from when the diagnosed (Covid-19 person) took the test.

Should other members of your household contract Covid-19 in proceeding days, a close/household contact is not obligated to self-isolate as a contact more than once in a 21day period. However if you as a close/household contact become Covid +ve, then you will need to self-isolate again.

## **What if I have had Covid-19, and now am a close/ household contact? Do I need to self-isolate?**

If you become a close/ household contact and have had COVID-19 less than 8 weeks ago, you do not need to self isolate as long as you are asymptomatic.

If it has been more than 8 weeks since you contracted COVID-19, you will need to follow the close/household contact isolation rules.

If you have symptoms, please isolate until symptoms resolve. You may choose to re-test via PCR/ RAT.

*Please seek more information from ServiceNSW app under "Covid-19 resources".  
Alternatively, you can find more details on: <https://www.nsw.gov.au/covid19/>*

**PLEASE NOTE THAT DUE TO THE UNCERTAINTY OF THIS VIRUS, AND THE EFFECTS IT HAS ON IMPLEMENTED PUBLIC HEALTH RESTRICTIONS, PHASES/ STAGES PROTOCOL MAY CHANGE WITH LITTLE NOTICE.**

**ALL PROCEDURES MUST ADHERE WITH RECOMMENDATIONS FROM NSW PUBLIC HEALTH AND NSW GOVERNMENT**

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**Room Booking Procedure during COVID pandemic**  
**Chinese Presbyterian Church, Surry Hills**  
(updated 12/3/22)

1. When making a booking for room use, please email: [cpc.office@cpc.org.au](mailto:cpc.office@cpc.org.au)
2. On the email, state the date, time and length of booking required, and state how many people will be present. State your name and best contact number for further correspondence. State also if other areas of the church is required for use during the time of booking (e.g. the kitchenette/ kitchen).
3. Church office will send a confirmation email with declaration that the person/ people booking is not a close contact, having symptoms or tested positive to Covid-19. Church office will also advice of the suitable allocated room to abide by approximately 1 person per 2 sqm rule as a guide according to room size.
4. Booking of rooms is on the proviso that the attendees will adhere to the Covid Safety Plan, social distancing and hand hygiene measures, as well as compliance to only use rooms that are booked (or the bathrooms) within the church premises. This is to ensure that adequate cleaning is implemented after use.
5. Should the attendees not adhere to steps above (e.g.do not adhere to the allocated space/ break social distancing measures) they will not be allowed to book rooms in the future