



**We want to ensure that we care for one another's health and well-being at all of our gatherings.** Here are some guidelines (based on Durham Region Public Health recommendations regarding COVID-19) for our church family:

1. *Pre-Register.* Complete your pre-registration online at [forestbrook.ca](http://forestbrook.ca) (or at the door); this includes health screening questions and contact information for each member of the family. Please stay home if you're feeling unwell in any way, or if directed by a health professional.
2. *Wear your mask.* Masks are mandatory for everyone age 3 and up, unless otherwise directed by your doctor, and should be kept on unless you're eating or drinking.
3. *Keep some space.* Maintain physical distance whenever it's possible (i.e. leave empty seats between households) and avoid direct contact where you can (we encourage air-high-fives instead!)
4. *Individually packaged communion elements.* By using these packages, we avoid direct contact and eliminate preparation.
6. *Participate freely, interact gently.* Ours is a community of warmth and hospitality, and you are welcome to take part however you'd like (sing, clap, pray, etc.) Remember we all have different comfort levels when it comes to gatherings, please respect one another's space and choices by leading with gentleness.

*We have increased cleaning and sanitation before and after gatherings.*

*There is no capacity limit for indoor religious services at this time (September 2021.)*