

JRUUC guidelines for gathering in small groups outdoors

As we navigate the COVID-19 pandemic together, we are eager to explore ways to connect more deeply with each other. When local public health conditions allow, JRUUC will support small, in-person outdoor gatherings.

Our community interactions will be guided by:

- **A mutual respect for our own and each other's physical and mental health:** There are risks and challenges in gathering together physically; there are also risks and challenges in solitude. We trust each other to weigh these interconnected needs carefully, and we pledge to keep the needs of the most vulnerable among us at the forefront when deciding what safety measures to take. We will take the responsibility of assessing our own risk factors and susceptibility for contracting or developing severe reactions to COVID-19, and we will not assess anyone's risk other than our own or pass judgement on others' decisions regarding their own health.
- **Kindness, empathy and patience:** We will each strive for flexibility and understanding, recognizing that everyone is doing their best in an era of uncertainty.
- **A commitment to ensuring opportunities for higher-risk populations to participate and stay involved:** No one should feel pressured to interact in person. All in-person gatherings should offer a virtual option if practicable and possible for the type of gathering. This may take additional time and effort, and sometimes creativity; facilitators are urged to reach out to our Office Administrator Ansley Knoch at office@jruuc.org for help, so that a lack of technical experience doesn't prevent the possibility of seeing or creating a virtual option.
- **An understanding of COVID-19 symptoms:** We each agree to stay home if we are experiencing symptoms such as a fever, cough, shortness of breath, chills, headache, muscle pain, sore throat, or new loss of taste or smell.

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When gathering outdoors, we ask that these measures be taken by participants:

- Keep the size of the gathering to a maximum of 15 people. The organizer of the gathering must provide a means for pre-registration, including a way to choose virtual participation if applicable. No drop-in events.
- Ensure a physical distance from each other of at least eight or nine feet.
- Arrive at all outdoor gatherings wearing a mask. Masks may be removed if all participants explicitly express comfort in doing so.
- Bring hand sanitizer. Avoid touching ones' face and frequently wash or sanitize hands, if possible.
- Refrain from singing, chanting, reciting prayers, playing wind instruments or performing deep-breathing exercises, as these activities carry a higher risk of transmission of COVID-19.
- Refrain from bringing items for sharing with others.
- Prior to gathering, discuss restroom needs. Because public restrooms carry an increased risk of exposure to COVID-19, it would be best to keep the duration of a gathering short enough so that restroom facilities may not be needed. However, restroom facilities at parks could be considered, especially if they are frequently cleaned and well-ventilated. The JRUUC building is not open for restroom use.
- Special considerations should be discussed if the gathering is to include small children and others who might find it hard to observe physical distancing.