



Valley Church

What must we do to keep one another safe?

Social distancing - It's important to stay two metres apart (or one metre plus). You are required to wear a face covering. There are legitimate reasons (found [here](#)) for not wearing a face covering. Children under the age of 11 are not required to wear them. We therefore ask everyone attending to come prepared as masks will not be provided. Please remember that hugs, handshakes, and any other form of physical contact should be avoided between different households. Please follow the one way system at all times when in the building.

Sanitise - Please sanitise your hands when entering and before leaving the building using the sanitiser provided, and wash/sanitise them whenever possible, particularly before/after eating, using a tissue or touching your face.

Symptoms - If you have a high temperature, a new, continuous cough or a loss or change to your sense of smell or taste, you must stay home with your household. If you develop symptoms after attending, you must inform us immediately by emailing general@valleychurch.eu.

Parental responsibility - Please keep a close eye on your children, keep them with you at all times, and do your best to make sure they follow all the guidelines, too. If you're bringing young children, feel free to bring toys and books to help entertain them (although these shouldn't be shared with anyone outside of your household or support bubble).

Contact info - If you haven't already signed up, we will ask you to submit your contact details on the door which would be passed to NHS Track and Trace if necessary.

Arriving/Departing - The doors will be open 15 minutes before the service, and we ask everyone to be in their seats at least 3 minutes before the service to hear important instructions. Please leave the meeting space as soon as the service is finished. At the end of the service, you may either return to your car, or use your venue specific facilities as appropriate.

Socialising – Please ensure that you are adhering to the government regulations for the area in which you live. You should continue to maintain social distancing with anyone you do not live with. Our pastors and service hosts are still able to connect with you personally as you attend, and look forward to doing so!

Local Restrictions – Please keep up to date with local government restrictions for your area and follow them at all times.

Foreign Travel – Coronavirus regulations mean that you must self-isolate for 14 days if you arrive in the UK from a country outside the common travel area. Please ensure you keep up to date with government guidelines (found [here](#)) and self-isolate as appropriate.

We're so looking forward to seeing you!

If you have any questions please feel free to get in touch with us at general@valleychurch.eu