

Congregation Beth Shalom Rodfe Zedek COVID Guidelines – Effective November, 2021

The CBSRZ COVID-19 Medical Advisory Council continues to update recommendations for CBSRZ based on national, state, and local guidance. The recent changes in our guidelines are in response to the **decrease** in prevalence of COVID-19 in our local communities with superior vaccination rates. ***These guidelines are fluid and will be changed as the situation changes.***

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1. CBSRZ Staff --- *We are strongly encouraging all staff and teachers to obtain proper vaccination against the SARS-CoV-2 Virus in order to safely protect oneself against serious long term and life-threatening effects of COVID-19 disease and to protect fellow staff, congregants, and visitors, thus creating the safest possible work environment.*

- a. Employees must stay home if they feel ill in any way (cough, congestion, tight chest, fever, diarrhea, muscle aches, or loss of smell or taste).
- b. Employees must monitor their temperatures before coming to work and stay home if their temperature is above 100 degrees Fahrenheit.
- c. He/she cannot come to work if they have had direct contact with someone with confirmed COVID in the last 10 days **or** obtain a molecular (PCR) test 5-7 days after contact, and may return once results are reported negative.
- d. If the employee has not been completely vaccinated:
 - i. Any employee travelling back from a state or country with a higher infectivity rate greater than 5% must have a negative molecular (PCR) COVID-19 test that was obtained 3 days after returning back to CT before returning back to work.
 - ii. Employees must wear a mask in the building and use hand sanitizer before entering their workspace.
- e. If the employee(s) has been completely vaccinated:
 - i. Wearing a mask is not necessary while working alone in an office space but is strongly encouraged if 3 or more people are meeting in the same room.
 - ii. Social distancing should be encouraged.
- f. It is now no longer necessary to sign into a log. However, it should be clearly understood that anyone entering the building during business hours should have no symptoms of fever, cough, congestion, feelings of weakness or muscle aches, tight chest, abdominal pain, or loss of smell or taste. They should not enter the building if they have had known contact with any persons infected with COVID-19 to their knowledge.

2. Group Activities and In-Person Committee Meetings

At this time, we are requesting that all who participate in a group activity or in-person committee meeting on site at CBSRZ should complete proper COVID-19 vaccination.

- a. The Temple Administrator should be notified in advance of any group activities or committee meetings on the CBSRZ premises.
- b. We strongly recommend that all attendees wear a mask and social distancing is encouraged. **Mask wearing for all non-vaccinated attendees is mandatory.**

- c. Anyone that identifies themselves as high risk should not attend. Anyone that is not feeling well in any way should not attend
- d. Anyone who has been in direct contact with someone with confirmed COVID in the last 2 weeks should not attend without a negative molecular (PCR) COVID-19 test obtained 5-7 days after contact.
- e. Due to concerns regarding proper ventilation of smaller rooms we recommend the use of the social hall area for such gatherings. *If at all possible, we recommend opening windows and doors for optimal ventilation as long as it is logistically possible that windows and doors will be closed at the end of the day for security reasons.*

3. At this time, we believe indoor religious services can safely continue with the following restrictions: *we are requesting that all adults who participate in religious services on site at CBSRZ should complete proper Covid-19 vaccination.*

- a. We strongly recommend that all attendees wear a mask and social distancing is encouraged whenever possible. **Mask wearing for all non-vaccinated attendees is mandatory.**
- b. The sanctuary, currently with the walls down and open to the social hall, can be used for religious services to accommodate **up to 200 people**. Spacing of seats 3 feet between family pods and “block groups” should be encouraged as much as is reasonably possible.
- c. Those who will be coming to CBSRZ for religious services or other events from **out of state who are not vaccinated** will be required to obtain PCR testing for COVID-19 within 72 hours of coming to CBSRZ and must provide a valid documented negative test result.
- d. Anyone that identifies themselves as high risk should not attend.
- e. Anyone who is not feeling well in any way should not attend
- f. Anyone who has been in direct contact with someone with confirmed COVID in the last 2 weeks should not attend without a negative molecular (PCR) COVID-19 test obtained 5-7 days after contact.
- g. At this time the choir can participate in services with the restriction of mask wearing and appropriate social distancing of at least 3 feet between choir members and at least 6 feet between choir and congregation.
- h. Activities with social distancing of at least 3 feet should be properly enforced, especially when engaging in music, singing, and eating.

4. Kivvun (Religious School) Activities. *At this time, we are strongly encouraging all students, assistants, and teachers who are eligible to obtain proper vaccination against the SARS-CoV-2 Virus in order to safely protect oneself against serious long term and life threatening effects of COVID-19 disease and to best protect our learning community thus, creating the safest possible learning environment.*

- a. When the weather is favorable, our outdoor space should be used to conduct as much religious school activity as possible. Mask wearing is not required for any outdoor activities.
- b. When indoors, the social hall area and larger classrooms should be used as much as possible for group instruction and activities.
- c. Everyone must wear masks for indoor programs which now can include music, singing, and eating.
- d. Activities with social distancing of at least 3 feet should be properly enforced, especially when engaging in music, singing, and eating.

- e. Anyone who is not feeling well in any way should not attend.
- f. Anyone who has been in direct contact with someone with COVID-19 in the last 2 weeks should not attend **or** obtain a molecular (PCR) test 5-7 days after contact, and may return once results are reported negative.
- g. We feel any teacher who considers themselves at high risk should not feel obligated in any way to participate in on sight teaching activities, but should restrict their instruction to online virtual learning.

5. Food, Drink, and Catering

- a. It is now permissible for congregant participants to provide food and beverage from outside the Congregation for Oneg and Saturday morning kiddush luncheon. Servers are not required for smaller “buffet style” events and attendees may serve themselves.
- b. If food and drink is placed out “buffet style” for catering large events, those persons assigned to serving must be masked and gloved and, if possible, take measures to protect the food containers and liquid dispensers from being contaminated with respiratory particles from cooks, servers, or diners. Such examples would include:
 - i. Using saran wrap or plastic covers over large serving dishes
 - ii. Keeping liquids in dispensers with small mouth openings as opposed to large mouth opening pitchers.
- c. Any server who is bringing food or drink to a table should be masked at all times, whether indoors or outdoors.
- d. Anyone eating indoors should be 3 feet away from anyone else who is not part of their family household or “pod”. Round tables can seat a maximum of 4 people per table or 1 family “pod” of up to 6.

Resources:

<https://portal.ct.gov/-/media/SDE/COVID-19/Addendum7-COVID-19-Reopening-Considerations-for-Connecticut-K-12-Music-Programs.pdf>

<https://data.ct.gov/stories/s/q5as-kyim>

<https://portal.ct.gov/Coronavirus/COVID-19-Data-Tracker>