

SIKH DOCTORS ASSOCIATION

Celebrating safely in the second lockdown.

Bandi Chhor Divas is on Saturday 14th November 2020.

How should a person safely attend the Gurdwara?

This guidance sets out how this can be done in a manner that is safe, COVID-19 secure. It minimises risks around transmission of the virus and exposure to infection.

Bandi Chor Divas and Diwali:

A separate risk is the danger of fire if you use an alcohol sanitiser and immediately light a firework or candle. If lighting fireworks, or lighting a candle, **DO NOT USE AN ALCOHOL SANITISER** at any time before or after the event. Use hand soap and water where needed.

At the Gurdwara, you will likely encounter a queue system by the candle area:

1. Bring your own candle for your individual prayer and contemplation.
2. Do not handle other people's candles or belongings
3. Maintain 2m social distancing. Abide by the distancing and stay in your bubble if you attend with the household family.
4. Wear a mask, even outside in the candle area.
5. Avoid gatherings around the candle area, or engaging in lengthy conversations.
6. Be aware of fire risks - the sevadar will usher you along.

For general attendance at the Gurdwara:

7. Choose a time to visit the Gurdwara that is least busy.
8. Attend the Gurdwara for a short a time as possible.
9. If possible, walk or cycle to the gurdwara. You can take your own household car, with those in your bubble.
10. AVOID a bus, taxi or train to travel - *higher chance of contact with the virus.*
11. If you are planning to take a donation, purchase that donation a few days before attending (such as daal, atta bag). Avoid going to a shop on the way to the Gurdwara.
12. Wash your hands with soap for 20 seconds before leaving your house.

13. Maintain at least 2m social distance on the way to the Gurdwara.
 14. At the Gurdwara, comply with the covid rules in place - you may have to queue before entry.
 15. On entry at the gurdwara, make sure you are aware of the one-way system in place.
 16. Take off your shoes and place safely on a rack as provided. Do not touch anyone else's shoes or belongings.
 17. Wash your hands with soap FOR AT LEAST 20 SECONDS. **This is the most important step.**
 18. Put on a clean mask. DO NOT TOUCH OR FIDDLE WITH THE MASK AGAIN UNTIL YOU LEAVE.
 19. Maintain 2m social distance at all times inside the Gurdwara.
 20. Avoid touching your mask, surfaces, doors or your face whilst inside the Gurdwara.
 21. Enter the Darbar Hall and matha tekh. Sit on the marked "cross" on the floor. Stay 2m apart from others.
 22. After your individual prayer, get up and exit by following the arrows out of the hall.
 23. Collect your parshaad in a bag on your way out. Consume OUTSIDE the Gurdwara.
 24. Put on your shoes and remove your mask.
 25. Wash your hands with soap before leaving.
 26. If there is congestion or a gathering ahead, stay back until the sangat flow clears.
 27. Leave the Gurdwara and make your way home.
 28. Avoid gathering and having conversations inside or outside the Gurdwara.
- IMPORTANT : If you have any symptoms of covid-19, DO NOT GO TO THE GURDWARA. Book a covid test and isolate until the result.**

This will ensure a safe darshan at the Gurdwara for all. Have a happy Gurpurab.

Dr Sukhdev Singh
GP and Chairman of the Sikh Doctors Association