

## St. Sophie Ukrainian Orthodox Cathedral Relaunch Protocols for Attending Services at the Church

**IMPORTANT:** By attending the Divine Liturgy or volunteering in person at St. Sophie Ukrainian Orthodox Cathedral, you agree to assume all risks associated with the Covid-19 Pandemic and agree to indemnify and hold harmless St. Sophie Ukrainian Orthodox Cathedral, officers, employees, agents and assigns for any losses, causes of action, suits or claims arising from your attendance at a church service during the Covid-19 Pandemic. If you choose to attend, you must understand that you are doing so at your own risk and are required to follow all protocols of Quebec Health and those that have been put in place at St. Sophie Ukrainian Orthodox Cathedral for your health and safety.

### GENERAL GUIDELINES

**1. HEALTH:** Only people free of symptoms of COVID-19 are permitted to attend service at St. Sophie Ukrainian Orthodox Cathedral. If you have a fever, cough, sore throat, runny nose, or shortness of breath or do not feel well PLEASE DO NOT attend Divine Liturgy in person. Please use the Health Canada self screening tool at <https://ca.thrive.health/covid19/en> before attending church services.  
- If you have been in close contact with confirmed or presumptive cases of COVID-19 in the past 14 days, you are prohibited by law from entering St. Sophie Ukrainian Orthodox Cathedral and attending the Divine Liturgy.  
- If you have travelled internationally in the last 14 days, you are **prohibited by law from entering St. Sophie Ukrainian Orthodox Cathedral and attending the Divine Liturgy.**

**2. ATTENDEES:** His Eminence Metropolitan Yuriy has strongly encouraged those who are over the age of 65 and/or in any of the high risk groups for COVID-19 (diabetes, heart disease, cancer, high blood pressure, lung disease, or people with weakened immune systems from a medical condition or treatment such as chemotherapy to not attend liturgy. This is in line with the health directives set forth by Quebec Health.  
- **We recommend those who live with at risk people to not attend while COVID-19 restrictions are still in place.**

**3. MASKS:** Parishioners and volunteers are required to wear non-medical masks at all times throughout the facilities. This precaution is in place to protect the most vulnerable in our congregation and for areas of the facility (e.g. stairwells, aisles, and bathrooms) where physical distancing is difficult.  
Parishioners are encouraged to bring their own masks. If you do not have one, masks will be provided by donation. Fr. Volodymyr will only wear a mask if he is required to be closer than 2 meters from attendees (e.g. consultation or greeting at the end of service).

**4. PHYSICAL DISTANCING:** Due to physical distancing requirements, every second pew will be closed for seating. You are required to maintain a 2-meter physical separation from members outside of your household. You will be seated by the monitor and cannot change location or pew after being seated. Children must always remain with a parent or other responsible adult.

- This physical distancing requirement is to be maintained at all times on church property and inside the building.
- The following areas in the church are considered **closed** to attendees:
  - Choir Loft
  - entire basement (except for bathrooms)

**5. PREREGISTRATION:** You are required to preregister by Saturday 12 pm of the week of the Liturgy. To register by phone or email, please call the Anna Malynowsky at (514) 232-2818 or [home\\_anna@hotmail.com](mailto:home_anna@hotmail.com)  
Only those attendees who have pre-registered and had their attendance confirmed may attend liturgy. If you show up and your name is not on the list, you will not be able to enter the church.  
We ask that if you have attended the previous Sunday Liturgy that you allow others to register for the next Sunday who had not had a chance to attend. If room is available we will accommodate you.

**Lists:** Names of individuals for health or healing must be sent electronically or by phone no later than Friday to Fr Volodymyr at (514) 947-2235 or [kouchnir.volodymyr@gmail.com](mailto:kouchnir.volodymyr@gmail.com), if you wish to have a loved one remembered in the proskomedia.

### ARRIVAL AT CHURCH

**Please note:** We ask that you put on your mask before entering the church and to maintain the social distancing at all times.

**6.** Parishioners are asked to **arrive on time**. Attendees are required to arrive 15 minutes before the beginning of each service. We expect that the number of attendees we will be able to accommodate will be approximately 75, but it will be dependant on the number of families attending versus individuals as physical distancing is not required for families from the same household.

**7.** Prior to your entry into the church a scribe will confirm that you are registered and will be asking: if you have any symptoms of COVID-19; have travelled internationally in the last 14 days; or have had close contact with an individual with a confirmed case or presumptive case of COVID-19 in the last 14 days. If the answer to any of these questions is yes, you are prohibited by law to enter the church.

Entrance to the temple will be through the main doors of the church. The doors will be open so that there will be no need to touch the handles to enter. You will be asked to use the hand sanitizer provided by the church before entering the nave.

**8.** Due to the high risk of transmission from common objects, shared prayer books, donation envelopes and pens are not permitted. Please bring your prayer book, envelopes, and pens from home for your personal use. Donations can be left (**unsealed**) with the candle elders as there will be no passing of the common basket. Candles can still be purchased from the candle elders. Masks will also be provided by donation if you forgot yours.

**Sunday bulletins will be emailed only. No physical copies will be made available until further notice.**

**9.** Please wait for a volunteer to direct you into the nave and where you may sit. Once seated, please do not move around the church unless necessary to use restroom. Infants and children are to remain between parents so that social distancing may be maintained.

**RESTROOM:** Only one person is allowed in the restroom at any given time. Disinfecting products will be provided for your use. If you use the restroom, you are responsible for sanitizing before and after use. The door will remain open for contactless entry. If a parishioner needs to leave the church during the Liturgy, please exit through the front exit doors.

#### **DIVINE LITURGY**

**10. NO SINGING:** Due to the higher risk associated with singing, singing will be limited to the choir (limited to 2-4 members).

**11. VENERATION:** All practices of venerating Icons, Gospel, relics, crosses, kissing of the hand of a priest and anointing with oil are suspended at this time and are replaced with a low reverence bow.

**12. CANDLES:** Holding of candles at certain times in the Liturgy are suspended at this time. If members wish to hold candles for a memorial service, they may purchase a candle from the candle elder and hold the lit candle at their assigned pew for the memorial service and may take it home after the service. No blessed foods are allowed to be distributed to parishioners according to Quebec Government Health guidelines.

**13. SACRAMENTS:** Confession, Communion will be available as per COVID-19 safety protocols.

#### **EXITING CHURCH**

Exiting from the church will be one family at a time and will be directed by our volunteers. You may cross yourself and bow towards the icons as your group departs.

**You will exit through the front doors of the church.**

Parishioners must sanitize their hands when leaving the church. Hand sanitizer will be provided.

Proceed directly to your vehicles and/or public transportation.

Physical distancing between families must always be maintained (2 meters).

#### **SANITIZING PROTOCOL**

Before and after each service, all high touch surfaces such as door handles, pews, counter tops, etc. will be properly sanitized as approved by Quebec Health.

All hand sanitizing stations will be refilled after each service.

#### **SUPPORT FOR CONTACT TRACING**

To enable the management of cases through contact tracing and follow-up, we will be keeping a list of attendees present for the Divine Liturgy for 14 days. The list will only be made available to the Quebec Health Services if requested by them. The list will be destroyed after 14 days.

#### **COMPLIANCE**

Since the safety of all is our utmost concern, if any attendee does not comply with physical distancing or the local protocols of Quebec Health and this congregation, you may be asked to leave and may not be permitted to return during the COVID 19 restrictions.

We need to be concerned about the safety of others even if we are not concerned about ourselves. This is the expression of God's love for others.