

Statement

Subud Britain wishes to protect the general public and its members from the risks associated with the Covid-19 Pandemic. We recommend that all the officers, members, employees, volunteers and those working on behalf of Subud Britain, follow all guidelines issued by HM Government to prevent and control the spread of Covid-19.

By now, everyone will be aware of the threat still posed by Covid-19 and the associated tragic loss of life. Covid-19 is mainly transmitted person to person via contaminated droplets when they breathe. So keep people apart, the further, the better, limit the time they are close and use barriers. Using face coverings catches a lot of the droplets as you breath out, protecting others. The next method of transmission is from one person to a surface and then to another person. So thorough hand cleaning more frequently and regular cleaning of commonly touched surfaces.

These simple methods have proved effective in lowering the transmission rate, but the social distancing has been at great cost to the economy. The government has the difficult task of carefully reducing the social distancing requirements whilst maintaining control of the transmission of Covid-19. There are frequent updates to its guidelines and Subud Britain will update it's website guidance as significant changes occur.



Louise Mackenzie, National Chair 10th July 2020
Signed on behalf of the National Council of Subud Britain

Review

This policy will remain under constant review and be a standing item on every trustee meeting agenda for the foreseeable future. The policy is informed by updated information available here: <https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

And here:

https://www.gov.uk/government/publications/further-businesses-and-premises-to-close?utm_source=479ba2d4-0b4c-468e-b978-fb1a52abfb4a&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

And here:

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic/covid-19-guidance-for-the-safe-use-of-places-of-worship-during-the-pandemic#section4>

Scotland has a slightly different route map which will need to be considered. Latest information can be found here:

<https://www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis-phase-2-update/pages/5/>

Wales also has a different route map:

<https://gov.wales/coronavirus-regulations-guidance>

The Latihan and the law

From the 4th of July, up to 30 people can gather within a place of worship, but there are a few simple restrictions and requirements, which must be followed:

- A **Covid-19 Risk Assessment** is required to ensure the place of worship is Covid-19 secure; this is a legal requirement. Assistance will be available for this (see below).
- Social Distance: 2 metres or 1 metre with risk mitigation (where 2 metres is not viable) between households is acceptable. Any mitigations must be explained and justified in the Risk Assessment.
- The maximum number of attendance, up to an absolute maximum of 30, is to be calculated on the size of the room and any risk mitigations in place.
- To assist with Track and Trace a temporary record of attendance should be kept for 21 days.

The government reminds us that failure to complete a Covid-19 Risk Assessment could constitute a breach of Health & Safety legislation, as could having a risk assessment with insufficient measures set out.

In addition to the legal requirements, the government strongly advises the following to reduce the risk of Covid-19 transmission:

- Explain how to reduce the risks during transport to and from the latihan.
- When entering and leaving the building, wash hands thoroughly or use hand sanitiser.
- Observe strict social distancing.
- Inform and display guidance for hand and surface cleaning.
- Limit the time of the meeting to the necessary minimum, (a quiet, the latihan and a quiet).
- As singing, shouting and speaking loudly, increases the generation of droplets, so it is strongly advised against, (as are musical instruments that are blown into).
- During the latihan, members are to maintain social distancing.
- As the Covid-19 droplets fall to the floor, so hand contact with the floor is to be avoided, as is kneeling or lying down.
- No shared items, like prayer mats are allowed and shoes that are removed should be kept away from others and only handled by their owner, the same for coats and other personal items.
- Avoid the consumption of food or drink.
- Avoid cash donations if possible

If you develop symptoms of the coronavirus, the NHS access line is 119 to book a test.

The NHS advice you get one bag ready in case you become poorly and need to go to hospital.

This will help the NHS give you the best care.

Your bag should include:

- Emergency contact details
- A list of the medications you take (including how much you take and how often)
- Information about planned care appointments
- Things for an overnight stay like medication, pyjamas, toothbrush and snacks

The Covid-19 Risk Assessment

The purpose of a risk assessment is to assess the risks to people regarding the place of worship and record what is needed to reduce this risk to an acceptable level. In addition to those directly involved, others may be affected and so must be considered.

Currently Subud Britain are advising property managing groups to focus on resumption of latihan by conducting their required risk assessments for this activity at the hall. Enterprise activities should be considered on a case by case basis and risk assessed. Subud Britain's Health and Safety Officer, John

Sheard [johnsheard90@gmail.com] should be contacted for advice on risk assessing other hall uses besides latihan as well as advice on conducting your risk assessment for latihan.

Those groups who hire space for latihan from external bodies who are willing to offer space again should ask to see that space's risk assessment and add their own latihan-specific risk assessment and put in place risk reduction strategies for that specific context.