

GRLC Small Groups - "What you can and can't do under the rules"

1. Wellbeing of People

- Up to 20 visitors may visit another household at any one time. The total number of visitors includes adults and children. If your Small Group is meeting outdoors, no more than 20 people are allowed to gather outside in a public place. (At the time of writing this The NSW Government is asking (not mandating) people to limit that number to 10).
- If you are over 70 or have a pre-existing medical condition, you should limit the number of visitors and take care at all times.
- You can have guests from any household so long as it does not exceed 20 visitors in total.

2. Physical Distancing

- Although the government hasn't put any guidelines on physical distancing in homes, we are erring on the side of caution by asking all groups to maintain physical distancing ensuring that all groups do not exceed the one person per 4 square metre rule.
- No singing. Group singing, in any group poses a much higher risk of COVID-19 transmission.

3. Hygiene and Cleaning

- Everyone needs to practice good hand hygiene practices. Ensure the bathroom has hand soap and a clean towel – clean your hands with soap and water for 20 seconds, or use an alcohol-based hand sanitiser. (The World Health Organization standard requires at least 80 per cent ethanol or 75 per cent isopropyl alcohol.)
- Avoid sharing Bibles / books, drinking cups or other shared objects used during the Small Group meeting.
- For the person hosting the Small Group: [clean / disinfect frequently touched areas and surfaces](#) before and after the meeting.
- If providing supper / food, consider purchasing individually packaged items, for example wrapped chocolates, 'fun-size' chips, etc... (think recess/play lunch!)

4. Record keeping

- Keep a record of who attends each Small Group meeting using the LEAD App or by responding to the Small Group attendance email (this information is stored confidentially and securely).
- Make your group members aware of the [COVIDSafe app](#) and its benefits to support contact tracing if required.

Most importantly: If you have any of the COVID-19 symptoms (*fever (37.5° or higher), cough, sore or scratchy throat, shortness of breath, loss of smell or loss of taste*) or if you are unwell please stay at home, seek medical help, and consider being tested. If someone in your group is in the process of being tested, do not meet face to face until they have been cleared, and ask all group members to get tested ASAP following the NSW Health self-isolating guidelines for people suspected to have COVID-19 infection.

<https://www.health.nsw.gov.au/Infectious/factsheets/Pages/advice-for-suspected.aspx>

Note: People who are at higher risk of COVID-19 infection include:

- [people aged 70 years and over](#)
- people aged 65 years and over with chronic medical conditions
- people with a compromised immune system
- Aboriginal and Torres Strait Islander peoples 50 years and older with one or more chronic medical conditions.

If you are in one of these groups, follow the guidance for [vulnerable people](#).

