United Protestant Church (UPC)
713 South Denali Street, Palmer, Alaska
COVID-19 Risk Mitigation Plan

UPC will follow all directives and mandates from the Alaska Governor, Federal agencies, and Alaska public health agencies regarding Covid-19 risk mitigation.

Prevention measures:

1) When attending worship, we would ask that everyone bring a cloth or paper facemask when in the building. The church will have paper masks available for those who need them. Instructions will be given on when you need to wear them.

2) There will be hand sanitizer available as you enter and exit the building. Please try to limit socializing to outside the building to better allow proper social distancing.

3) When attending worship, try not to make skin-to-skin contact (shaking hands, hugging) with anyone, to include interactions with the greeters and with the Pastor after the service – instead of shaking hands or hugging, you are encouraged to nod or bow. Note this is for your benefit as well as being respectful of others in our congregation, who may not welcome uninvited contact.

4) Cough or sneeze into the crook of your arm. Dispose of all used tissues used to blow or wipe your nose in a refuse container. Use of disposable tissues is preferred. If coughing or sneezing during Services, consider removing yourself either to the narthex (if there are not already others in that area) or to your home.

5) Adults, youth, and children should not attend church or other church activities if they have a respiratory illness or feel like they are coming down with one (sore throat, runny nose, fever, shortness of breath, etc.) until coronavirus has been ruled out by a medical authority or it has been at least 5 days since their full recovery. Family members should not attend either, whether ill or not, as they may be incubating and shedding the virus, which could spread to others. Family members should not return to church until at least 14 days have passed since anyone in their household has been ill. Please contact the church office as soon as possible if you develop Covid-19 symptoms after you’ve been in the church building for any reason so that contact tracing can begin. We will be keeping a log of people coming into the church in case people have to be contacted.

6) If you are over 60 years old OR of ANY age and have a chronic medical condition or any underlying problem that makes you either more susceptible to infection (compromised immune system) or which could result in severe medical complications if infected with coronavirus, you might consider not attending worship. Please remember, it is OK to stay home! We will miss you, but your health is much more important to us. We will still be live streaming so we encourage you to worship online.

7) If you have recently traveled outside the state, we recommend that you consider not attending church services for at least 14 days.
8) When attending worship, if space is available when selecting your seats, we encourage you to spread out across the sanctuary or other rooms trying to keep at least 10 feet of distance between you and others (it is fine for your family members to sit closely together).

9) View live streaming of the Services at home on your computer, phone, or tablet or in the social hall if you feel that the sanctuary is getting too crowded during a worship service. If you need any assistance in learning or using this technology, or need an alternate method of participating from home, please contact the church office at (907) 745-3822.

10) Offering collection: We will not be passing the collection plate during the offertory in order to discourage touching of surfaces that others have touched. We are encouraging you to either drop your offering in the collection basket or give on-line using the information in the bulletin or on the UPC website. Alternatively, you may mail your check to the church office.

11) For Communion: We will use premade sets. The sets will be arranged on trays such that they can be easily picked up. Please discard the packaging in a refuse container on your way out after the service. Communion sets are available to take home for those who will be participating in the worship service on live stream.

12) Printed bulletins will include scripture passages & hymns so that no hymnals or Bibles will be used. People are encouraged to bring their own Bibles.

13) For the time being, there will be no nursery care provided. Please keep your children with you during worship.

14) Outside groups using the church building must abide by the church’s mitigation plan for sanitation & attendance in case notification becomes necessary.

Adopted by the Session, June 11, 2020