

Adat Yeshurun –

Members of Adat Yeshurun DO NOT need to register for services as of 9/29/2020.

Guests and Non-Members MUST register in order to attend services. Please use this link to register [CLICK HERE](#)

Two important COVID updates

1) San Diego county is now in the state's "red tier". We have been able to resume indoor services.

2) All children are welcome to attend services!

Following social distancing and masking guidelines, children of all ages are welcome to join us again at services. Children must stay seated with their family group and parents are responsible to ensure their children follow all COVID guidelines.

Rabbi Daniel Reich and Dr. Joseph Resnikoff

Required compliance with the set guidelines are still in effect and enforced (see details below). Even if you have already read these guidelines, we ask that you please read them again as **there are a few important updates.**

Adat Yeshurun COVID-19 Safety Guidelines

update 3/1/2021

These Guidelines apply to all members, guests and relatives wishing to join in the davening. If followed and observed, the environment can be made safe for you as well as for others attending minyanim at our shul allowing us to maintain our holy congregation as a place of warmth and acceptance.

Who can attend shul? All are welcome to come and daven and learn at Congregation Adat Yeshurun as long as all of the COVID-19 Guidelines are met, and adhered to.

Who should not come to shul?

- If you, or any family member living with you, has been sick with any potential COVID-19 symptoms in the prior two weeks.
- Anyone with any of the following symptoms, as outlined by the CDC, **cannot** attend services at this time: **Cough, shortness of breath, fever, chills, muscle pain, sore throat, new loss of taste or smell, runny nose or nasal congestion, nausea, vomiting, diarrhea or fatigue.**
- If you have been diagnosed with COVID-19 infection you must be symptom-free or nearly symptom-free for 3 full days and are at least 10 days from the onset of symptoms, **or** tested negative and are mostly recovered from all.

- If you have been exposed to a known COVID-19 patient within the last 2 weeks. **Even if you are asymptomatic.**
- If you are in quarantine from a travel advisory or exposure – even if you have no symptoms.
- If you have been disregarding masking and social distancing.

What to do at shul:

Services are open to men and women and all children, however, children of any age should not come to shul if they don't intend to adhere to masking and distancing. **Parents are responsible for ensuring their children follow these rules.**

One may only attend services if they commit to adhering to these general procedures:

- **You MUST check-in at the gate prior to entering the shul property.** You will be asked to answer questions to confirm you have no symptoms compatible with COVID-19.
- **Wear a mask** the entire time you are present at the minyan. Your mask must cover **both mouth and nose.**
- Stay in your designated location from when you arrive until when you leave, **ensuring 6ft of distance is kept** between one another.
- Arrive and leave in a timely manner (preferably one by one) for the sole purpose of davening. We ask that you please limit socializing with others or congregating at the minyan or outside on the street. The purpose of this is solely to limit social contact to its absolute minimum for the time.
- **Bring your own needed items** (siddur, Chumash, tallis, tefillin, etc.). If you do not have any of these items, ask the Gabbai for assistance.
- **Be prepared to have limited access to a restroom or other facilities.** Try to use the restroom at home before coming to shul. The restroom will be limited to **only one person at a time.** Wash your hands with soap for at least 20 seconds after using the facilities. Please use hand sanitizer before entering and immediately upon leaving the restroom. If you need to use the shul facilities, the doors will remain open so there is no need to touch the door handle.
- **If you begin to feel unwell during the Minyan please leave immediately** and we ask you not to attend minyanim until the symptoms and concerns are resolved, as determined by a competent medical physician.
- Those over the age of 65 or in a “high-risk” group (i.e. diabetic, high blood pressure, obesity, heart or lung disease, immunosuppressed, etc.) are welcome but it is suggested you consult with your physician regarding the appropriateness of attending.

- There are designated members responsible for ensuring adherence to the guidelines. If you notice someone who is not observing the guidelines, please ***do not*** approach them. Instead, please notify one of the appointed individuals on the COVID Team, led by Dr. Resnikoff and Dr. Gipsman, and allow them to speak with the person. If you would like a list of those on the COVID Team, please contact the shul.

Davening and Aliyas

- Appropriate knowledgeable staff have assured the ventilation system has appropriate HEPA filters and is utilizing almost entirely outside (this is for when we daven indoors).
- We ask that you please limit singing during davening. It is recommended that congregants maintain a volume, when singing, similar to that of a regular conversation.
- **Sanitize hands using alcohol based solutions upon entry and exit from the shul, and every time after touching shared surfaces** (tables, railings, Sefer Torah, Aron Kodesh, etc.).
- Aliyas will be given during laining (with use of a plastic separation barrier). The procedure for getting an Aliyah is as follows:
 - When the Gabbai calls you up to the Torah, please go to the Bimah in the most direct way possible while avoiding people's personal 6ft of space to limit exposure.
 - The one receiving an Aliyah will stand on the right side of a clear plastic partition, while the one reading the Torah will stand on the left side. The one receiving the Aliyah can read along with the Torah reading from inside the Torah scroll.
 - Please try to avoid touching the plastic partition. Hand sanitizer will be available on the Bimah. Please sanitize hands if you touch anything or intend to touch anything while completing your Aliya.
 - After your Aliyah please return to your seat in the most direct way possible while avoiding people's personal 6ft of space to limit exposure.

This system has been devised to facilitate those who are comfortable getting an Aliyah. If you are uncomfortable being called to the Torah you may let us know beforehand and please do not feel obligated if you are approached by a Gabbai.

We thank you in advance for your cooperation and appreciate your compliance with these guidelines. Now more than ever, the attitudes with which we attend our shul and the way we approach our shul experience will go a long way in ensuring everyone's safety and assure the continuous growth for our amazing community.