



2020 RUF COVID-19: Safety & Guidelines

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: ‘Love your neighbor as yourself. There is no commandment greater than these.”
– Mark 12:30-31

As a Christian student organization on CNU’s campus, please know that we will follow all State, University and RUF National safety guidelines in order to protect one another and care for one another. In order to “love God and our neighbor” we will need respect each other and the variety of needs and concerns that we each have. You will need to be “flexible & patient” with us and each other as the rules and policies governing our behavior both indoors and outdoors might be subject to change.

It is our goal to meet in-person as much as possible, abiding by the health & safety guidelines afforded us by the State of Virginia and Christopher Newport University. We will also be offering virtual options for RUF Large Groups & One-on-One Meetings. Small Groups are going to be offered in-person, socially distanced, outside and possibly indoors off-campus. If we are able to provide Small Groups in-person and virtually (Zoom/FaceTime) at the same time, we will certainly try.

Below are Specific Guidelines we will follow under Covid-19 Phase 2 Guidelines:

- **Sanitizing:** We will offer sanitizing options at all events or gatherings that we host on or off-campus that have 5 or more participants.
- **Masks:** Are to be worn indoors for any RUF events. Masks are not mandatory outdoors during athletic events but if safe social distancing isn’t possible, masks will need to be worn outdoors for non-athletic events. Use your discretion when you are outside and always show respect to your fellow Captains before you remove your mask outside. Ask permission if in doubt. We will always have masks to gift to anybody who does not have one. We have 300 RUF masks.
- **Social Distancing:** For Small Groups or Large Groups meetings we will ask that chairs be spaced to allow for safer distancing between students talking or singing.
- **Transportation:** Student & RUF Staff may use their discretion regarding driving people to or from Large Group, Church or Off-Campus Events. Please notify RUF Staff if you are not comfortable driving Freshman or CNU Students.

- **No Food / Coffee:** We won't offer food or coffee at Large Group at this time. Pre-packaged foods might be offered from time to time.
- **Group Size:** Under "Phase 2" we are not allowed to have more than 50 people gather indoors or outdoors on campus so our Large Group capacity is currently set at 50 people. If we move to "Phase 3" this number will jump to 250. If we do "Outdoor Large Group" we cannot currently exceed 50 people on-campus but will need to strive to socially distance students.
- **Temp Check:** We will have "Thermaguns" at all "indoor" RUF Large Groups to ensure that nobody who has a temperature of 100.4 or above is able to enter.
- **Contact Tracing:** We are not required to take names or trace student movements. CNU, however suggests that students opt-in their tracing program using the App "Covidwise."
- **Feeling Sick: Protocols**
 - **Students** - Email the Office of Student Affairs (dosa@cnu.edu) or (757) 594-7160 if you feel symptomatic. Text Staff: Jeff or Megan so that we can check in on you and offer care as needed. Please do not attend Events, LG, SG's, or 1-on-1's if you feel sick.
 - **Student Leader** – Notify Jeff or Megan after you reach out to OSA so that we can help you contact any RUF students who might need to know about your symptoms or group/event cancelation/alteration. We will help contact them individually.
 - **Staff** – We will notify all Student Leaders & Students via GroupMe & Text if one of us were to test positive for Covid-19. If Megan or I begin to feel sick we may either CANCEL or MAKE ALTERNATIVE PROVISIONS for an on-campus or off-campus event we may be leading.
- **Risk Threshold:** What does it take to Cancel Events?
 - **LG** – If we have 3-4 students test positive who previously attended a LG, we will immediately make the next LG either Outdoors or Virtual.
 - **SG** – If 1-2 students test positive in your Small Group, you should either cancel your next week's small group or conduct it virtually.
 - **1-on-1's** – If the student you are planning to meet with has been symptomatic at all, do not meet and cancel your meeting. Meet another week.
 - **Events** – If we have 3-4 core RUF students test positive for Covid-19 we are likely to cancel any in-person event that might be occur that weekend.

*** These are not RUF National policies that have been imposed on us. These are RUF CNU General Guidelines that we think are reasonable to follow during this Global Pandemic. ***



2020 RUF COVID-19: Large Group Check List

*“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: ‘Love your neighbor as yourself. There is no commandment greater than these.’
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Checklist: (X – when completed)

- _____ - Chairs: Beginning of LG “Socially Distance” All Chairs” (equally)
 - _____ - Sanitizer: Beginning of LG set up sanitizing station next to the LG entrance / exit doors
 - _____ - Masks: Beginning of LG put out our “RUF Masks” next to the sanitizing station by the doors
 - _____ - Name Tags: Beginning of LG put out “Name Tags & Sharpies” on the sanitizing station by the doors
 - _____ - Temperature Guns: Beginning of LG place them on the sanitizing station table for Staff or Leaders
 - _____ - Thermostat: Beginning of LG change thermostat to “73 degrees”
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- _____ - Thermostat: At the end of LG change thermostat to “80 degrees”
 - _____ - Garbage: Take out any garbage to the “Outdoor Container” / replacement bags in kitchen
 - _____ - Floors: At the end of LG “Spot Clean” any spills, marks, or fluids that touch the floor
 - _____ - Soundboard: At the end of LG “Clean/Sanitize” the soundboard & table
 - _____ - Chairs: At the end of LG “Reset” all chairs around the round tables
 - _____ - Tables: At the end of LG “Reset” any tables that are used
 - _____ - Tables: At the end of LG “Clean/Sanitize” any tables that are used
 - _____ - Lights: And the end of LG “Turn Off” any lights used
 - _____ - Light Switches: At the end of LG “Clean/Sanitize” any light switches that are used
 - _____ - Door Handles: At the end of LG “Clean/Sanitize” any door handles that are used
 - _____ - Doors: “Double Check” that all doors are locked before leaving City Life Church