



19 July 2021

Dear Sadh Sangat

RE: COVID-19: Lifting of Restrictions in England from 19 July – Step 4

The Governments Guidance is: -

- **You will not need to stay 2 metres apart from people you do not live with. There will also be no limits on the number of people you can meet.**
- **The requirement to wear face coverings in law will be lifted.**
- **There will no longer be limits on the number of people who can attend weddings, civil partnerships, funerals, and other life events.**
- **There will no longer be restrictions on group sizes for attending communal worship.**

COVID-19 has not gone away, so it is important to remember the actions you can take to keep yourself and others safe. There are still cases of COVID-19 in England and there is a risk you could catch or pass on the virus, even if you are fully vaccinated. You are encouraged to exercise caution and consider the risks.

Clinically extremely vulnerable people are advised to consider taking extra precautions to reduce risk of exposure and minimising social interactions.

To protect everyone, we ask that you should: -

- Check in with our QR codes using the NHS COVID-19 app.
- Have your own mask, chunni or a ramal to cover your head.
- Check your temperature on entry with the wall mounted monitors.
- Wash and sanitise your hands regularly.
- Carry out Self-test by using rapid lateral flow testing.
- Matha Tek by a standing Namaskaar.
- Not go around the Palki to Matha Tek.
- Not to carry out Chaur Sahib Sewa.

Until 01st August 2021 our opening times will remain as: -

Monday to Saturday	Morning Programme	08:00 am to 11:00 am
Monday to Saturday	Evening Programme	05:00 pm to 07:00 pm
Sunday	Morning Programme	08:00 am to 01:00 pm
Sunday	Evening Programme	05:00 pm to 07:00 pm

From 02nd August 2021 the Gurdwara will open 7am to 7pm

CLEANING WILL BE CARRIED OUT BETWEEN THESE TIMES.

Bakhshish Singh Panesar – Hon President