

# CHESTER DIOCESAN GUILD OF CHURCH BELL RINGERS

## COVID 19 and RINGING



After consulting with the Guild executive committee the decision has been taken to postpone and possibly cancel the Guild events planned for April. Each Branch must decide how they wish to proceed in the coming weeks and possibly months. Towers also need to make their own decisions concerning practices and service ringing but no one yet is recommending that we stop ringing. The Central Council has issued the following advice, the only other advice is that if you are feeling unwell do not go ringing even if it means ringing doubles rather than minor and if anyone arrives in a tower who is unwell ask them politely to go home.

**Below is the information from the Central Council of Church Bell Ringers but as the situation evolves the information may change so please check the web sites listed below frequently**

Many people are concerned about the effects of the current Coronavirus outbreak and what impact that has on us and our ringing activities. Whilst the CCCBR cannot offer any professional medical advice, we would recommend that you adopt sensible precautions and follow the advice from the Chief Medical Officer.

Information about the virus, signs and symptoms can be found at <https://www.nhs.uk/conditions/coronavirus-covid-19/> but there are some very simple guidelines to follow during every day activities:

### **Do**

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands before and after ringing
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards or use sanitiser gel
- try to avoid close contact with people who are unwell

### **Don't**

- do not touch your eyes, nose or mouth if your hands are not clean
- lick or spit on your hands before catching hold of a rope, use other methods of increasing grip e.g. liquid chalk

We all have a duty to adopt sensible precautions to protect ourselves, our friends and families and to follow the current advice. Sources of information for the UK can be found here:

<https://www.england.nhs.uk/coronavirus/>

<https://111.nhs.uk/covid-19>

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>