
Coronavirus (COVID-19) Guidance for Sikh Gurdwaras to Minimise Danger of Infection

Waheguru ji ka Khalsa, Waheguru ji ki Fateh

In the current pandemic it is important that Sikh Gurdwaras ensure the wellbeing of the Sangat.

Sikh Assembly advises all Sikhs to stay at home and adhere to the Government's social distancing and self-isolation guidance, which is essential in the current climate, except for those blessed with Seva and key/essential workers.

Gurdwara Sanctity: We commend those Sikh Gurdwaras that have taken the responsible decision to implement steps to close and limit public access to their Diwan and Langar halls.

We humbly ask Gurdwaras that remain open, to review their position urgently in the light of current risk levels in the UK. We have a collective responsibility within the Gurdwara as a social and spiritual institution collectively to maintain the wellbeing and safety of all (*Sarbat da Bhalla*). Our collective Ardas is for everyone to stay positive, healthy and *Chardi Kalla*.

Gurdwara Seva: All Gurdwaras should maintain, the daily Nitnem, Satkar and Gurdwara Maryada will and should continue, through the Seva of dedicated Granthis. We trust the Sevadars to carry out Seva of Sri Guru Granth Sahib ji Maharaj with full Satkaar, and for all Sangat to remind themselves that Guruji is Sargun and Nirgun. This Seva should incorporate the extended hygiene and cleanliness process being adopted by the Gurdwara at this time.

Granthis can carry out Prakash Seva and lead short morning and evening Diwans. Many Gurdwaras have encouraged the Sangat not to attend in person, but virtually, via social media platforms and live streaming.

In cases requiring essential attendance at the Gurdwara, extra care should be taken to maintain social distances, avoid touching surfaces/ other people and regularly washing hands with soap for 20 seconds.

Langar Seva: In the Langar the Sangat should be restricted from handling all utensils. The Sangat should be separated by at least 2 metres and served plates, spoons and water by the Langar Sevadars without physical interaction of any kind. Equally where Gurdwara kitchens are used to feed those that are dependent upon Langar Seva for sustenance, extra precautions should be adopted to avoid spread of infection.

We have taken great care to study and understand all available information and guidance, including from Public Health England and the World Health Organisation, to ensure the correct and most up to date information is being disseminated to our community.

As more information emerges, our recommendations and guidance will change. We encourage everyone to keep up to date with the changing circumstances and guidance by visiting the Sikh Assembly website and/or our social media platforms.