



# Face Coverings

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## بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

### Introduction

In England, face coverings are currently required by law to be worn in shops, supermarkets, indoor transport hubs, indoor shopping centres, banks, building societies, post offices and on public transport.

From 8th August, face coverings are also required by law to be worn in a greater number of public indoor settings including **places of worship**, museums, galleries, cinemas and public libraries.

For this reason, as from 8th August 2020, it will be required by law for worshippers who attend Cambridge Central Mosque (CCM) to wear a face covering at all times when indoors, this includes inside the prayer hall. If you arrive without a face covering you will, unfortunately, not be able to enter the mosque, unless you are exempt. CCM will have masks available for you to purchase if needed, all proceeds of which will go to the mosque directly.

Face coverings are not a replacement for other ways of managing risk, including minimising time spent in contact, social distancing and increasing hand sanitisation and surface washing. These other measures remain the best ways of managing risk within the mosque and therefore one should not rely on face coverings alone.

It is important to use face coverings properly and wash or sanitise your hands before putting them on and before and after taking them off. Some individuals do not have to wear a face-covering including for [health, age or equality reasons](#). Staff and volunteers at CCM are mindful that some individuals and groups have reasonable reasons for not wearing a face covering due to age, health or other conditions which are not always visible.

There are valid exemptions for some individuals and groups to not wear a face covering in the mosque, in particular, those who are leading prayers or services. Although, a face covering should be worn if physical distancing cannot be maintained during any services. This exemption does not apply to worshippers, who should wear face coverings consistent with the requirements for any other public space.

Please click [here](#) for guidance on the wearing of face coverings at a place of work and for more information please see [guidance on face coverings](#).

### What is a Face Covering?

In the context of the coronavirus (COVID-19) outbreak, a face covering is something which safely covers the nose and mouth. You can buy reusable or single-use face coverings. You may also use a scarf, bandana, religious garment or hand-made cloth covering but these must securely fit around the side of the face.

### When to Wear a Face Covering?

There are some places where you must wear a face covering by law. In England, you must wear a face covering in several indoor settings, this includes places of worship. For further information, including a list of other settings where a face

covering is required by law please click [here](#). You are expected to wear a face covering before entering the mosque and must keep it on until you leave unless there is a reasonable excuse for removing it.

### **Enforcement measures for failing to comply with this law**

As a setting whereby face coverings are required, we are required to take reasonable steps to promote compliance with the law. The police can take measures if members of the public do not comply with this law without a valid exemption.

### **When You Do Not Need to Wear a Face Covering?**

In settings where face coverings are required in England, there are some circumstances where people may not be able to wear a face covering. Staff, volunteers and other worshippers must be mindful and respectful of such circumstances, noting that some people are less able to wear face coverings and that the reasons for this may not be visible to others.

### **This includes (but is not limited to):**

(Items on this list have been selected as they relate to places of worship, for the full list please click [here](#))

- children under the age of 11 (Public Health England do not recommend face coverings for children under the age of 3 for health and safety reasons)
- people who cannot put on, wear or remove a face covering because of a physical or mental illness or impairment, or disability
- employees of indoor settings (or people acting on their behalf, such as someone leading part of a prayer service) – through a risk assessment CCM have considered the use of face coverings for employees and volunteers where appropriate.
- where putting on, wearing or removing a face covering will cause you severe distress
- if you are speaking to or assisting someone who relies on lip-reading, clear sound or facial expressions to communicate
- to avoid harm or injury, or the risk of harm or injury, to yourself or others

### **There are also scenarios when you are permitted to remove a face covering:**

(These scenarios have been selected as they relate to places of worship for a full list please click [here](#))

- If you are delivering a sermon or prayer in a place of worship
- If you are the persons getting married in a relevant place

### **Exemption Cards**

Those who have an age, health or disability reason for not wearing a face covering should not be routinely asked to give any written evidence of this, this includes exemption cards. No person needs to seek advice or request a letter from a medical professional about their reason for not wearing a face-covering.

**If you are exempt from wearing a face covering, please kindly inform a member of staff in the office. They will ask you to sign a declaration, CCM will not ask for any personal information other than your name and a signature. You are not required to provide any medical documentation nor declare the reason for your exemption.**

Some people may feel more comfortable showing something that says they do not have to wear a face-covering. This could be in the form of an exemption card, badge or even a home-made sign. This is a personal choice and is not necessary for law. The government have provided some exemption card templates that can be accessed [here](#).

### How to Wear a Face Covering

#### A face covering should:

- cover your nose and mouth while allowing you to breathe comfortably
- fit comfortably but securely against the side of the face
- be secured to the head with ties or ear loops
- be made of a material that you find comfortable and breathable, such as cotton
- ideally include at least two layers of fabric (the World Health Organisation recommends three depending on the fabric used)
- unless disposable, it should be able to be washed with other items of laundry according to fabric washing instructions and dried without causing the face covering to be damaged

#### When wearing a face covering you should:

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before putting a face covering on
- avoid wearing on your neck or forehead
- avoid touching the part of the face covering in contact with your mouth and nose
- change the face covering if it becomes damp or if you've touched it
- avoid taking it off and putting it back on a lot in quick succession

#### When removing a face covering:

- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser before removing
- only handle the straps, ties or clips
- do not give it to someone else to use
- if single-use, dispose of it carefully and do not recycle
- if reusable, wash it in line with manufacturer's instructions at the highest temperature appropriate for the fabric
- wash your hands thoroughly with soap and water for 20 seconds or use hand sanitiser once removed

### Making Your Own Face Covering

If you want to [make your own face covering](#), instructions are widely available online and through the government website. Individuals should be considerate of materials and fabrics that may irritate different skin types.

### Maintaining and Disposing of Face Coverings

Do not touch the front of the face covering, or the part of the face covering that has been in contact with your mouth and nose. Once removed, store reusable face coverings safely until you have an opportunity to wash them. If the face covering is

single-use, dispose of it and do not put them in a recycling bin. Please do not discard your face coverings on the floor or loose on the mosque's premises.

Wash your face covering regularly and follow the washing instructions for the fabric. You can use your normal detergent. You can wash and dry it with other laundry items. You must throw away your face covering if it is damaged.