

# Gurdwara Protocol

1. **When entering the Gurdwara Sahib**, all visitors must, as a mark of respect to Sri Guru Granth Sahib Ji:

- WEAR modest attire
- REMOVE SHOES – before entering prayer hall. Shoes racks are located on each floor
- WASH hands – facilities are located on each floor
- COVER HEAD – on entering Gurdwara Sahib building
- **NOT be under the influence and have in their possession any ALCOHOL, TOBACCO OR DRUGS** (including the car park areas)

## 2. **Prayer Hall**

- When approaching Sri Guru Granth Sahib Ji
  - BOW DOWN and touch the forehead to the floor as a sign of respect towards the teachings of Sri Guru Granth Sahib Ji. NON SIKHS are not obliged to bow, however can enter and join the congregation quietly.
  - VOLUNTARY OFFERINGS (monetary or food) are made at this time to help with the running and community work carried out by the Gurdwara Sahib.
- All people irrespective of status sit on the floor (with legs crossed) in the prayer hall as a sign of equality (men & women by choice sometimes sit separately, but this is not required religiously.)
- All people are expected to face the Guru Granth Sahib Ji at all times.
- People may enter or leave the prayer hall QUIETLY at any time.

## 3. **Langar Hall** (communal dining room)

Please keep your head covered although shoes may be put back on.