

## Overview of Covid-19 Health and Safety Guidelines

We ask that you observe the following guidelines from the moment of your arrival.

### ARRIVAL AND CHECK-IN

Check-in will take place in the event tents covering the picnic tables on the dining hall deck. Upon arrival, we will take your temperature and do a symptom-check. We will also cover the following protocols with you at that time before you fully enter the retreat environment.

### MASKS

Masks must be worn at all times indoors and outdoors EXCEPT:

1. When you are alone in your private sleeping space.
2. When you are alone in a bathroom.
3. When you are doing walking meditation outside AND are not within 20 ft. of any other person or building.  
When walking the public paths between buildings and sessions, we will ask that you remain masked.

Masks must be worn correctly, covering nose and mouth.

Please bring N95 style masks to use. For double-masking, please bring surgical or multi-layered cloth masks. Bandanas and balaclava-style masks are not acceptable masks.

During group sessions in the meditation hall, we ask that you double mask, wearing a cloth or surgical mask over an N95 non-respirator style of mask.

### SOCIAL DISTANCING

Please maintain six-foot social distancing at all times. Pay particular attention when leaving group sessions in the meditation hall and during mealtimes when you are in the dining room.

During mealtimes, staff or volunteers will guide traffic so that we have no more than 5 people in the dining room at one time. Please be sure to follow the one-way traffic pattern around the buffet tables, tea station and snack station. Avoid forming clusters by practicing patience.

### HAND HYGIENE

We invite you to make free and abundant use of the hand sanitizer available outside the main doors of most buildings.

Even better, we invite you to develop and refine your practice of thorough and effective handwashing.

At the start of each meal break we have instituted a formal 10-minute session for everyone to thoroughly wash their hands prior to entering the dining room. On top of covid-19, it is still cold/flu season. Handwashing is a highly effective precaution to take against a whole range of germs transmissible through surface contact.

Several yogi jobs involve sanitizing high-touch surfaces in buildings and bathrooms throughout the center. Behind the scenes, staff members are providing additional cleaning and disinfection throughout the day.

### VENTILATION OF INTERIOR SPACES

Windows will be fully opened during group sittings in the meditation hall and during meal periods in the dining room to maximize ventilation of interior spaces. The number of windows and their placement in these rooms allow for excellent ongoing ventilation.

The meditation hall has an air purification system that uses UV bulbs and ozone components that research shows to be effective against coronaviruses including covid-19 and many other viruses and pathogens.

Every participant is assigned a private sleeping space. Please keep your door closed at all times to prevent air movement between your sleeping room and adjacent public spaces.

### SHOWERING AND BATHROOM USE

A number of bathrooms will be open and available for public use at any time.

For showering, each person will have an assigned bathroom and an assigned block of time to shower. Showering assignments allow us to ensure that there is only one person at a time in these enclosed spaces, and to have adequate ventilation time between occupants.

### MEAL TIMES

We are not offering indoor dining at this time. You will be allowed to take your meals back to your private sleeping room or to eat outside under our new event tents at socially distanced spacings.

### FIRST-NIGHT AND LAST-DAY MEALS

The first night's dinner and last day's brunch will be held in silence. Data is showing that maskless socializing, such as what would occur while visiting during a meal, is highly risky behavior, so these meal times will be held in Noble Silence. Visiting before and after the retreat is still welcomed and may take place anywhere outside if you remain masked and maintain 6 ft. social distancing.

THANK YOU FOR YOUR EFFORTS AND THE PRACTICAL APPLICATION OF  
YOUR MINDFULNESS PRACTICE, YOUR GENEROSITY AND YOUR *SILA*  
IN KEEPING EVERYONE ON THE RETREAT HEALTHY!