

## Overview of Covid-19 Health and Safety Guidelines

We ask that you observe the following guidelines from the moment of your arrival. These protocols apply to all retreatants, teachers and staff, and whether you are vaccinated or unvaccinated.

### 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 EXCEPT:

1. When you are alone in your private sleeping space.
2. When you are alone in a bathroom.

Masks do not need to be worn outdoors when:

1. You are doing walking meditation outside AND are not within 20 ft. of any other person or building.
2. You are out on a walk off property or in the CM forest.

When walking the public paths between buildings and sessions, we will ask that you remain masked. If you wish to briefly remove your mask please step well away from where others might be passing by.

Masks must be worn correctly, covering nose and mouth. If you are not vaccinated, please plan to use N95, KN95 or KF94 masks (without respirators) as your primary mask. Vaccinated retreatants may wear surgical or multi-layer cloth masks. Bandanas and balaclava-style masks are not acceptable masks.

### SOCIAL DISTANCING

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

As much as possible, please maintain 6 ft. social distancing 1) at all times inside buildings; 2) outside when walking the paths between buildings and between sessions, and 3) if seated on the decks.

During mealtimes, 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 encourage you to habituate yourself to make free and abundant use of the hand sanitizer available at stations outside the main doors of the buildings. Hand washing or sanitizing is mandatory before serving yourself from the buffet line at meal times. We invite you to develop and refine your practice of frequent and thorough handwashing throughout the day.

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

### VENTILATION OF INTERIOR SPACES

Windows will be opened during meal periods in the dining room to maximize interior ventilation. The Pavilion provides excellent ongoing ventilation for group sessions.

Diamond 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. Windows will also be opened to provide for thorough ventilation of the room.

### SLEEPING SPACES

Every retreat participant will be assigned to a private sleeping space. This space may be used for sleeping, meditation and eating. A chair and a tea table will be provided in each room. 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, some participants will be assigned to a specific bathroom and possibly an assigned block of time to shower. Showering assignments allow us to maintain a safe and healthy number of occupants in these enclosed spaces, and to have adequate ventilation time between occupants as appropriate.

### MEAL TIMES

Under current WA state guidelines, indoor dining is permitted with social distancing. Retreatants will be able to dine (socially distanced) in the dining room, sitting room, under the small event tents over the picnic tables on the dining hall deck, or in your private sleeping room.

### GROUP SESSIONS IN THE MEDITATION PAVILION (EVENT TENT)

Group sessions including Dharma talks, instructions, Q&As and group sits will take place in the Pavilion, our new, large event tent. The Pavilion allows for 24 retreatants and 2 teachers to practice together with over 6 ft. social distancing. It is unheated.

**PLEASE NOTE:** The daily schedule has been modified so that group sessions (instructions, Q&A, Dharma talks) held in the Pavilion will take place during the warmer hours of the day. Early morning and late evening sitting sessions will be optional and retreatants will be able to sit in whatever space they find most comfortable. Still, we encourage you to pack extra clothing layers, a meditation shawl and/or extra blankets, hot water bottles or anything you prefer to use to ensure that you stay warm if temperatures are chilly.

In the Pavilion, we will be able to provide chairs and drop cloths for chair-sitters and plastic-backed drop cloths for those who prefer meditating on the ground. The Pavilion floor is covered with bark mulch.

### OTHER LOCATIONS FOR SITTING MEDITATION

For optional sitting sessions, retreatants will have the choice of sitting in the Pavilion, in your own sleeping room or in Diamond Hall. Diamond Hall only has socially distanced seating for 15 individuals, so seats will be offered on a first come first served basis each session. Saving seats will not be permitted in order to be fair and equitable toward all.

Chairs will be provided in Diamond Hall and in each sleeping room. Please be sure to pack extra cushions for your chair seat, chair back or for floor sitting! Because we cannot ensure adequate sanitization, we are not currently loaning out cushions or meditation shawls from our supply of loaners except in emergency situations. **Pack cushions and blankets abundantly to maximize your meditation options, since you may want the freedom to sit in various different locations!**

### 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, increases transmission risks, 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!

These are photos of the Pavilion, our new meditation tent. The Pavilion will be used instead of Diamond  
Meditation Hall for group sessions for the foreseeable future.

