

# 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. [A vaccination requirement is in effect for all retreatants. In order to be eligible to attend this retreat, you must be either two weeks beyond administration of the second shot \(if Pfizer or Moderna\) or the first shot \(if J&J\). We encourage everyone now due for a booster shot to receive one two weeks prior to coming on retreat.](#)

## 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 outside AND are not within 10 ft. of any other person or building.

Masks must be worn correctly, covering nose and mouth. Vaccinated retreatants may wear surgical or multi-layer cloth masks. Bandanas and balaclava-style masks are not acceptable masks. KN95-style masks are highly recommended.

## 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.

## 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.

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 (with the exception of a few yogis coming from the same household) . 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 without restrictions. 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.

Mask-wearing, social distancing, decreasing occupancy in dining spaces, enhanced ventilation and special one-way traffic choreography is in place to minimize close contact in the dining area.

## 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.

## SURFACE SANITIZING

Several yogi jobs involve regularly sanitizing high-touch surfaces in buildings and bathrooms throughout the center.

## 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.

## GROUP SESSIONS

Group sessions will take place either in Diamond Hall or the Pavilion, our event tent, depending on total group size.

## OTHER LOCATIONS FOR SITTING MEDITATION

For optional sitting, retreatants will be welcome to meditate in the Pavilion, in your own sleeping room or in Diamond Hall. Chairs are provided in Diamond Hall, the Pavilion and in each sleeping room. We encourage you to pack your personal cushions for your chair seat, chair back or for floor sitting. We cannot guarantee that fabrics/cushions are 100% disinfected, so for enhanced safety we suggest you use your own. Additionally, demand for our loaner cushions may exceed our available supply. Pack cushions and blankets abundantly to maximize your meditation options, since you may want the freedom to sit in various different locations!

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!