

Overview of Covid-19 Health and Safety Guidelines

We ask that you observe the following covid-19 health and safety guidelines during and in advance of your retreat. These protocols apply to all retreatants, teachers and staff.

VACCINATION/BOOSTERS:

A vaccination requirement is in effect for all retreatants.

In order to attend retreat, you must be fully vaccinated and boosted specifically against omicron. Anyone who is past their prior vaccinations or boosters by 6 months or more, or who has not had a case of covid-19 within that time, is required to receive the omicron-specific booster shot no later than 2 weeks out from the start of their retreat. Allowable exceptions to our vaccination policy can be reviewed on our website. To determine your eligibility for a booster shot, please consult your medical professional.

RAPID TESTING

We require each participant to take 2 rapid tests in the week prior to your retreat. You will take the first one on Tuesday and the second on Friday, the start day of the retreat, prior to check-in. Your test results should not be emailed to us but must be presented at check-in. Photo verification is acceptable. Both these tests must be negative for you to be able to participate in the retreat.

On retreats longer than 3 days, an additional test will be required in the morning on the third full day of the retreat. If every participant test negative at this time, masking will become optional.

MASKS

On retreat of 3 nights or shorter, masks will be required for the duration of the retreat.

On retreats of 4 nights or longer, for the first 3 days of the retreat, masks will be required until group-wide rapid testing allows for masking to become optional.

During the periods of mandatory masking, you may remove your mask for the following activities:

1. When you are alone in your private sleeping space.
2. When you are alone in a bathroom.
3. Any time you are outside AND are not within 6 feet of any other person or building.

Masks must be worn correctly, covering nose and mouth. We require the use N95, KN95, KF94 or medical masks. Bandana and gaiter-style masks are not acceptable.

SOCIAL DISTANCING

We are no longer requiring social distancing but continue to encourage it as a practice, especially in the meditation hall and dining rooms. Seats in the meditation will be pre-set by staff according to 6-foot social distancing. Diverse dining options are offered to allow for social distancing at mealtimes.

SINGLE SLEEPING SPACES

We are currently housing all retreatants in single rooms.

VENTILATION OF INTERIOR SPACES

The primary spaces for group activities (the meditation hall, group interview spaces and dining room) receive robust, ongoing ventilation. The meditation hall has the added benefit of an excellent air purification system with ozone and UV components effective against coronaviruses and many other transmissible pathogens.

FIRST-NIGHT MEAL

The first night's dinner will be held in silence to prevent possible covid transmission due to unmasked socializing.

ADDITIONAL SUPPORT FOR PEOPLE AT HIGH RISK FOR COVID

Some people may wish to remain masked after masking becomes optional. We wish to provide extra support for people who are immunocompromised or otherwise at high risk from covid-19, or who are caring for others at high risk.

A special seating area in the meditation hall will be reserved for anyone who indicates to us in advance of the retreat they wish to stay masked and maintain high-level safety precautions. Similarly, we will allow those individuals to pass through the serving line first at meal times to minimize exposure to unmasked retreatants.

WHAT IF THERE IS A POSITIVE TEST RESULT?

If someone tests positive while on retreat, we will immediately isolate that individual and do everything we can to expedite their return home. Cloud Mountain does not have the training or facilities to support anyone ill with covid-19. Please be sure you have an action plan in place in case you were to test positive, including someone you can contact to give you a ride home if you carpooled.

Everyone present on site would be informed of the positive test and we would require all participants, teachers and staff to re-test. (Cloud Mountain would provide the tests.) Subsequent actions would be taken according to the results of that testing round and in accord with wisdom, kindness and common sense.

HEALTHY AND SAFETY PRECAUTIONS BEYOND COVID-19

HAND HYGIENE & SURFACE SANITIZATION:

These precautions are minimally relevant to covid-19 transmission, but are HIGHLY relevant to preventing transmission of many colds, flus, viruses and other transmissible pathogens. We encourage you to make free and abundant use of the hand sanitizer available at stations outside the main doors of most buildings, and to make a regular practice of thorough handwashing. Hand sanitizing is mandatory before passing through the buffet line at meal times.

Several yogi jobs involve regularly sanitizing high-touch surfaces in buildings and bathrooms throughout the center to enhance overall health and safety against the many transmissible illnesses that pass all too easily through retreat centers.

THE INEVITABILITY OF CHANGE

We reserve the right to modify these health and safety precautions at any time depending on current covid-19 conditions.

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!