

Overview of our Public Health & Safety Guidelines

We ask that you observe the following public health and safety guidelines during and in advance of your retreat. These protocols apply to all retreatants, teachers and staff, and are intended to protect everyone sharing the retreat environment from transmissible illnesses such as colds, flus and viruses.

SUMMER PROTOCOLS

In effect for retreats starting on or after April 1, through the end of September.

MASKING

Masks are required to be worn from arrival until entering Noble Silence on the first night.

WINTER PROTOCOLS

In effect for retreats starting on or after October 1, through the end of March.

MASKING

Masks are required to be worn from arrival through the end of second full day of the retreat.

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 or a bathroom.*
- 2. When you are outside.*

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

Teachers are permitted to remove their masks when teaching.

Masks will be worn by all when chanting and during group practice discussions.

PRE-RETREAT PREPARATION

In the 2 weeks prior to your retreat, especially during the fall/winter/spring months, we encourage you to exercise care if attending events with large groups of people. If you are flying in, we strongly encourage you to mask during your travels and to practice high-level hand hygiene.

TESTING

Unless symptoms of illness occur, testing is **not** required prior to or during the retreat.

VACCINATION/BOOSTERS

There are currently **no** vaccination or booster requirements in effect. However, we still strongly encourage vaccination against covid and flu, plus up-to-date boosters for everyone attending retreat.

BECOMING SYMPTOMATIC OF ILLNESS

If you come down with symptoms of illness at any time, you will be asked to take a covid rapid test (provided by Cloud Mountain) at the onset of symptoms. If you test negative for covid and you are not running a fever, you will be allowed to stay on retreat but will be required to wear a mask in all public spaces while you are symptomatic.

If you test positive for covid, or if you are running a fever or vomiting, you will be required to depart the retreat, remaining masked until you leave the center. Regretfully, Cloud Mountain does not have the training or facilities to support anyone ill with covid-19 or other highly communicable contagions. Please have provisions in place in advance of your retreat to be able to return home if you become ill.

In the event of a positive covid test, everyone present on site would be informed of the positive test and masking would again be required for everyone on site. Additional measures may be instituted depending on the specific circumstances.

ADDITIONAL SUPPORT FOR PEOPLE AT HIGH RISK FOR COVID-19

We respect that some people may wish to maintain high-level safety measures, including remaining masked after masking becomes optional. We are happy to provide extra support for people who are immunocompromised or otherwise at high risk from certain viruses, including covid-19, or who are caring for others at high risk.

We can offer extra support by adjusting your housing, your seating in the meditation hall, and how you take your meals.

Please let us know in advance if you require additional consideration and support.

THE INEVITABILITY OF CHANGE

We reserve the right to modify these health and safety precautions at any time depending on current public health 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!