

Going on Retreat

Covid Guidelines

Feeling unwell? – *Please do not attend the retreat if you are experiencing Covid-19 symptoms* (high temperature/fever or cough or loss of taste or loss of smell). Let a member of the centre team know asap if you experience covid symptoms whilst on retreat. Ensure you have a way to get home if you need to self isolate.

Lateral Flow Tests - Please do a lateral flow test the day you leave for the retreat. Please bring a test with you in case needed.

Physical distancing – We ask all participants to maintain a 2m distance from others. Please respect others and use your judgement if an area is not well ventilated.

Ventilation - Ensure all areas are well ventilated where possible. We suggest bringing additional warm clothing. Do meet outside where possible.

Face Covering – Please wear a face covering at all times (except when eating or drinking) when indoors (this is a legal requirement - Dec 2021). To be updated with further governmental guidelines.

If you're clinically vulnerable, or just want to take extra precautions, take a look at the WHO website for information on the types of masks that give you more protection:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/question-and-answers-hub/q-a-detail/coronavirus-disease-covid-19-masks>

Hand washing and hand sanitiser – Please wash or sanitise your hands regularly. We recommend you bring your own hand sanitizer to keep with you.

Cleaning – All frequently touched areas will be cleaned regularly.

Mugs and cups - We suggest you tag a mug / cup for your own personal use for the whole of the retreat.

Washing up - Wash and rinse all crockery and cutlery in hot water and leave to air dry, or use a dishwasher.

Clinically vulnerable persons - If you have additional needs then please do contact the retreat leader *before the retreat* to discuss any adjustments we can make for you.

Many thanks
The Heart Kula