

Visiting the Centre in Person Covid Guidelines

Feeling unwell? – *Please do not visit the Centre 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 have been in the centre and subsequently test positive for coronavirus.

Lateral Flow Tests - Please do a lateral flow test before coming into the Centre. This reduces the likelihood that the virus will be spread around.

Track and Trace - Each class leader will contact class attendees if there's a positive covid test shared with us.

Physical distancing – We ask all participants to maintain a 2m distance from others. *Please do not linger in the cloakroom area where the space is narrow.*

Face Covering – Please wear a face covering at all times (except when eating or drinking, or if you are exempt) when in the centre (this is a legal requirement - Dec 2021).

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 on arrival.* There are hand sanitiser stations around the building.

Cleaning – All frequently touched areas will be cleaned before and after each event.

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

Donations - We still rely on your donations, but are unable to accept cash at the moment. Please give your donation via our website: <https://bristol-buddhist-centre.org/donate/>

Many thanks
The Heart Kula