

## 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 (info@bristol-buddhist-centre.org)

**Lateral Flow Tests** - Please do a lateral flow test on the day of your visit to the centre and before attending.

**Hand Washing and Hand Sanitiser** – Wash or sanitise your hands on arrival. There are hand sanitiser stations around the building.

**Track and Trace** - Please sign in when you arrive. We will contact you if a positive covid test result has been shared with us from a class you have attended.

**Masks & Face Coverings** - Wearing a face mask is now a personal choice. If you have been a contact with someone who has tested positive for coronavirus, but are not required to self isolate, then please wear a mask when attending events in person. This is an extra precaution to help reduce the risks.

**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.

If you would like to wear a mask, then the WHO website provides 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>

**Donations** - We rely on small and large acts of generosity. You can make donations with your card or phone in the Centre. We are unable to accept cash. Donations are also welcome via our website: <https://bristol-buddhist-centre.org/donate/>

We appreciate you contributing to the centre and being an active part of the Sangha (community) during these times.

Many thanks  
*The Heart Kula*

(this document is available on our website)