



WET Traffic Light Covid-19 Management Plan

Information for Solo Retreatants

This information is for people planning to do a solo retreat at the Wangapeka Study and Retreat Centre. It should be read alongside the policy statement of the Wangapeka Educational Trust (WET) Traffic Light Covid-19 Management Plan (this document can be found [here](#)) and the Checklist for Solo Retreats that will be sent to you by the Office Caretaker.

The Wangapeka Centre continues to be able to offer solo retreats under the traffic light system. Solo retreats are available to both vaccinated and unvaccinated people. However, some additional restrictions apply to ensure consistency with the Covid-19 Policy as it applies to group courses.

Group courses need to operate as a closed group in order to limit the risk of transmission in case someone is infected with Covid-19 when they arrive. For that reason, solo retreatants must:

- stay away from everyone on a group course (ie, the course participants as well as the teacher, cook, and caretakers); and
- keep away from the main hall (including the kitchen, laundry, and cool store), whare, huts and accommodation units); and
- wear a mask and socially distance if out-and-about in places where they may encounter course participants on the land.

In addition, solo retreatants must keep a charged phone with them. This is so that they can call the caretakers (03-5224221) if they feel unwell with possible Covid-19 symptoms.

These additional restrictions mean that solo retreatants will need to be self-contained while a group course is on and liaise closely with the caretakers over arrangements. For instance, on longer retreats contactless drop-offs of provisions will need to be arranged.

Particular care will need to be taken if arriving or leaving while a group course is in progress, because it is necessary to pass by the main hall then. If possible, solo retreats should be timed so that they start at least a day before a group course starts and finish at least a day after one ends.