



Managing Covid - WET Guidance for Course Managers

May 2022

In May 2022 Covid came to the Wangapeka Centre and severely disrupted the 2-week retreat that was in progress. It was clear that retreats are an excellent way to spread Covid. In light that experience the Board has revised its approach to managing Covid.

While we cannot oblige Course Managers to abide by this guidance, we ask that you follow these guidelines for the safety of all at the Centre. We strongly recommend the following as a *minimum* - you may add other requirements appropriate to your retreat.

For ALL retreats, each participant (plus the teacher, cook, and anyone else involved):

- Agrees a getaway plan with the Course Manager before arrival.
- Has a negative RAT within 24 hours before the course starts.
- Does a RAT on arrival at the Centre.
- Brings enough RATs to do all the RATs required (see below), plus spares.
- Brings masks (surgical grade or better).
- Wears a mask in shared indoor spaces until the last RAT required is negative.
- Washes or replaces masks at least daily.
- Practises social distancing (2 metres) until the last RAT is negative.

The number of RATs required depends on the length of the retreat:

RAT required	Retreat 1 - 3 days	Retreat 4 - 5 days	Retreat 6 + days
Within 24 hours before arriving	Yes	Yes	Yes
On arrival at the Centre	Yes	Yes	Yes
Day 1 (1st day after arrival)	No	Yes	Yes
Day 2 (2nd day after arrival)	No	No	Yes

Getaway plan:

This must be a plan for how the person will safely leave the Centre if they have

Covid, or if there is an outbreak and they want to leave anyway. It must be cleared with the Course Manager before arriving.

Masks:

Everyone needs to bring their own supply.

They must be at least surgical grade (the cheap blue ones). The cotton ones do not provide useful protection.

They should be changed or washed at least daily, to keep them effective.

They must be worn in all shared indoor spaces, including the whare, main hall, bathroom, and kitchen, at all times when it is practicable.

Anyone coughing or sneezing **MUST** put on a mask, even if they don't think they've got Covid, or have had negative RAT.

RATs:

Everyone needs to bring enough RATs to do their required tests, plus spares (the longer the retreat, the more spares will be needed).

Tests have to be administered properly - allow at least 20 minutes. See this website for some helpful information: [website](#)

Social distancing:

This means keeping at least 2 metres apart, especially if not wearing a mask.

Refunds:

Refunds are available on request for anyone who leaves a retreat early because of Covid.

Accommodation fees for missed nights are refundable.

Half the daily food cost for missed days is refundable. (The Centre can only afford to refund half the food fee because the food will have already been purchased.)

Other fees paid (eg, resource fee, cooks fee) are not refundable, except in special circumstances of hardship.