



Managing Covid - Guidance for Course Managers

June 2022

Having experienced a Covid-affect retreat and had other retreats that remained Covid-free, this is the Board's current advice on how to manage the Covid situation. *Please ensure you share this with everyone who registers for the retreat, and with the Teacher and Cook.*

Top priority - Don't bring Covid to the Centre

- If you have symptoms, or have been in close contact with someone who has Covid, **please stay away**. The fees you have paid, other than the non-refundable deposit, will be repaid.
- You must do a RAT within 24 hours before arriving at the Centre, unless you have had Covid and come out of isolation within the past 3 months. You need to provide proof of a negative result to the course manager, for instance by sending a photo of the test result.
- Please bring masks and a few spare RATs for your own use to the Centre.

Once at the Centre

- If you develop any symptoms (particularly a sore throat, unexplained headache and weariness, coughing and sneezing) you **MUST** avoid other retreatants, tell the course manager and take a RAT.
- If the result is positive:
 - you **MUST** isolate from everyone else and leave the Centre asap. You need to have worked out, before coming to the Centre, how you will do this if you need to. Fees for accommodation and resources, and half the fee for food, will be refunded for the days you miss.
 - The course manager will tell everyone else what's happening and decide what other steps to take, if necessary. This might include, for instance, asking everyone to take a RAT and to wear a mask while in shared indoor spaces..
- If your RAT result is negative, consider isolating anyway, or at least wearing a mask while symptoms persist.

Remember - a negative RAT does not guarantee that you don't have Covid. The tests are not very reliable and often don't seem to pick up early infection. The sneezes that you think are an ordinary cold could be spreading Covid to everyone at the Centre - it's happened before!