Managing COVID - Guidance for Course Managers

On September 12th the government lifted most COVID restrictions. There is no longer any requirement to be vaccinated. One does not need a negative COVID test before coming to the Centre. And there is no requirement to wear a mask at the Centre.

As of September 26th the government notes - "In short, we now move on to a simple 2 requirements system of masks in healthcare settings and 7 days isolation for positive cases only"

https://covid19.govt.nz/news-and-data/latest-news/covid-19-protection-framework-retired-nz-moves-forward-with-certainty/

That all said — COVID remains part of our lives.

Having experienced a COVID-affected 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.
- 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!