

Coronavirus Arrangements: Adhithana Retreats

Adhithana will put in place procedures to make your stay here as safe as possible. To do this we will follow all government guidelines. These guidelines are updated regularly, and we are monitoring any new information and adapting our risk assessment as needed. Our aim of course is to keep you, and the community that lives here as safe as possible.

If Participants Fall ill prior to the Retreat?

You should not attend the retreat if you have symptoms within two weeks of the start date or been around anyone who has.

Coming from an area with a local lockdown

You should not attend the retreat if you are coming from an area that has a local lock down measures in place that prevent you from mixing with people from other households.

Clinically Vulnerable people

We ask that people for their own safety do not attend events if they are clinically vulnerable.

Information we ask for

We ask that you provide us with the name and contact details of someone who would be able to come and pick you up should you become ill during the retreat and require help to return home.

Social Distancing

We will be following all social distancing guidelines, which mean some changes to our usual practices. We will put in place procedures designed to maintain 1.5 - 2 metre social distancing when participants are inside any of our buildings.

Outside of shrine room activities people can only meet in groups with a maximum of six people. This is a legal requirement

Hygiene and masks

Hand sanitiser will be provided at multiple location through out the site. We ask that you use this whenever you enter a building. We also suggest that you bring your own sanitiser to carry with you.

Mask must be worn for all indoor activities, including when meditating in the shrine room. This is a legal requirement, unless you have a medical reason that prevents you from wearing one. If that is the case, we would like you to wear a visor if possible.

All shared door handles will be cleaned regularly throughout the day.

Bedrooms

We are only offering single occupancy bedrooms and request that you bring your own bed linen. This will help to keep both you and our team here safe. Where possible we will 'rest' beds for a week between use.

Bathrooms

All shared bathrooms will have a booking system. We try to keep the number of people who share a bathroom to a minimum. Cleaning materials will be provided in all bathrooms and all users must clean door handles, taps and surfaces after use. In addition to this Bathrooms and toilets will be cleaned daily by the team

No personal items can be left in the bathrooms.

Dining room and food

The dining area will have separate entry and exit points.

Participants will be allocated their own table in the dining hall and are asked to use that for the duration of the retreat. All tables will be at the appropriate social distance.

Participants can eat outside weather permitting.

Food prepared by the team will follow the appropriate government guidelines.

Each table will have its own condiments.

Shared tea and coffee making facilities require the use of hand sanitiser before use.

Shrine room

Strict social distancing will be maintained in the shrine room and shrine room lobby.

Face masks must always be worn in the shrine room, this is a legal requirement.

Where possible we ask that people bring their own meditation equipment. At the end of each retreat any Adhithana meditation equipment used will be put to one side and rested for a week before next use.

Participants will be asked to use the same meditation space each time.

If Someone Falls ill on the retreat?

If a participant becomes ill with covid 19 symptoms they must let the retreat organiser know immediately. Then self-isolate in their bedroom. If the person is well enough, we will ask them to return home, take a covid 19 test and let Adhithana know the results.

People unable to follow the guidelines

As people relax on retreat, we have noticed that some can forget about the guidelines, so it will be the team's responsibility to remind you if that happens. In the unlikely situation that someone is repeatedly putting other people's health at risk, we would ask them to leave the retreat.

What if the situation changes?

- We are constantly monitoring the situation, if necessary, we will cancel the retreat and refund participants
- We would aim to do this with adequate notice