

Vajrasana Covid Precautions - Updated August 2021

Following the Government's relaxation of Covid social distancing requirements on 19th July we've been easing the restrictions at Vajrasana. It is still a priority to limit the spread of Covid and we will be continuing with several precautions.

Before the Retreat

- Please do not attend the retreat if you have Covid-19 symptoms, or are expected under the government guidelines to be self-isolating due to yourself or a close contact having tested positive within the 10 days before the retreat. We will refund you in full should this happen.
- We ask that you take a Lateral Flow Test three days before the start of the retreat, as well as taking one before you leave home to come to Vajrasana. You can order [Lateral Flow Tests](#) for free from the UK Government, or pick them up from most pharmacies.
- Please give us the name of someone who would be prepared to collect you in the event you need to leave Vajrasana due to a positive Covid test whilst here.
- To ensure the safety of retreatants, and of the community, or due to a change in lockdown measures, The London Buddhist Centre reserves the right to cancel the retreat at short notice.

During the retreat

- We will encourage good hygiene whilst on retreat with hand sanitiser in every building.
- Ventilation is present in several areas and when appropriate we will leave doors and windows open.
- Accommodation will mostly be in shared rooms.
- We will not be requiring anyone to wear a face covering, although individuals are welcome to do so if they would prefer.
- To see our Covid Risk Assessment please see here [needs a link to somewhere online].

Developing Symptoms and Confirmed Covid cases

- If you develop symptoms during a retreat please communicate this immediately to the retreat team.
- You will then be asked to take a lateral flow test. If you test positive you will be asked to leave by contacting your named person - we will not be able to accommodate anyone who has Covid and needs to self-isolate.
- Please let us know your PCR test result when you get it.
- If we have more than one Covid case on a retreat we will close the retreat and everyone will need to make their own way home.