

Vajrasana Covid Risk Assessment 19 July 2021

From 19 July following Step 4 of the Government's Roadmap out of Lockdown;

- Hospitality venues such as pubs, restaurants and bars will no longer be required to provide table service or follow other social distancing rules.
- There will no longer be restrictions on group sizes for attending communal worship.

- Following Government guidance we will be reducing the social distancing requirements at Vajrasana and letting people make informed decisions about how to manage the risk to themselves and others whilst here.
- We will be asking people to take a lateral flow test 3 days before they come and on the day of arrival here.
- We will ask for named person to collect you in the event that you test positive for Covid whilst here - we will not be able to accomodate you.

Hazard	Who might be harmed	what you're already doing to control the risks	what further action you need to take to control the risks / notes	who needs to carry out the action	when the action is needed by
Spread of virus - general transmission	Team and retreatants	<ul style="list-style-type: none"> •Washing hands frequently, hand sanitiser if no soap available •coughing/sneezing into tissue (thrown away) or sleeve, •Frequent organised cleaning regime esp. for door handles, bathrooms, surfaces. •Reminders, signs 		VS Team, Retreat Team, Retreatants	19 July
Spread of virus - toilets	Team and retreatants	<ul style="list-style-type: none"> •Cleaning equipment available in loo •Organised regular cleaning 		Retreat Team, Retreatants	19 July

Spread of virus - showers	Team and retreatants	<ul style="list-style-type: none"> •Cleaning equipment available in shower •Instructions how to clean 		Retreat Team, Retreatants	19 July
Spread of virus - eating	Team and retreatants	<ul style="list-style-type: none"> •External doors open to aid airflow when possible 		VS Team, Retreat Team, Retreatants	19 July
Spread of virus - washing up	Team and retreatants	<ul style="list-style-type: none"> •Kitchen ventilation on 		VS Team, Retreat Team, Retreatants	19 July
Spread of virus - making teas, cross contamination on tea caddys, milk cartons, fridge door	Team and retreatants	<ul style="list-style-type: none"> •Hand sanitiser available •signs 		Retreat Team, Retreatants	19 July
Spread of virus - using lounge	Team and retreatants	<ul style="list-style-type: none"> •External doors open to aid airflow when possible 		VS Team, Retreat Team, Retreatants	19 July
Spread of virus - meeting in a group	Team and retreatants	<ul style="list-style-type: none"> •External doors open to aid airflow when possible 		Retreat Team, Retreatants	19 July
Spread of virus - In Shrine Room	Team and retreatants	<ul style="list-style-type: none"> •External doors open to aid airflow when possible •Shrine Room ventilation on 		VS Team, Retreat Team, Retreatants	19 July
Retreatants bringing infection with them	Team and retreatants	<ul style="list-style-type: none"> •Ask retreatants to take a lateral flow test before coming and not to come if positive 		VS Team, Retreat Team, Retreatants	19 July
Infection from Team	Team and retreatants	Vajrasana Community to self lateral flow test twice a week		VS Community	19 July

Be aware of any infections	Team and retreatants	Encourage everyone to check in with NHS QR code in reception		VS Team	19 July
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