



## **Pre-Retreat Information: Covid-19 Protocols**

Coming on retreat is going to feel very different with distancing and increased hygiene measures in place. Some of the things you may be used to if you have been to Dhanakosa before are not going to be possible. Please take time to read through these notes and consider whether you are still happy to come on retreat under these conditions.

### **General**

Please take a lateral flow test on the day your retreat starts, before you leave home to travel to Dhanakosa, and bring proof of the negative result with you. We will also ask you to take a test on the Thursday of your retreat, so please bring another test with you. To order free tests go to: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

Tests usually arrive within 1-2 days after ordering. If you are not able to take a test before you arrive please get in touch.

There will be times during the retreat where we will ask you to wear a face covering, so please bring enough with you for the week.

You will need to sanitise your hands on arrival and wear a face covering for the reception process. Throughout the retreat you will need to regularly wash your hands and avoid touching your face. Physical distancing at 1m is required at all times.

Whilst physical distancing remains in place everyone will have a single bedroom, half the bedrooms are en-suite. If you have an ensuite bathroom, please only use that. The communal bathrooms are only for use by people without en-suites. When distancing is lifted there will be shared rooms once again.

We are limiting access to the kitchen and there will be no access to the food store.

### **Meals**

Each meal will be plated by a server, wearing a face covering. If you want seconds then you can serve yourself with a clean set of cutlery.

Breakfast: the porridge and toast will be made and served by a server with a face covering. We are providing individual portions of margarine, jam and marmalade only so the normal range of spreads is reduced. If you want to bring your own spread please keep it in your room in between meals.

### **Snacks**

You will not be able to help yourself to food from the kitchen in between meals. There will be fruit and individual portions of oatcakes (regular and gluten-free) on the tea bar. If you need anything else please bring it with you and keep it in your room.

If you have a special diet for medical reasons please get in touch to discuss your needs.

## **Drinks**

The tea bar area will not be in use. Instead we are providing mini-kettles, black tea, instant coffee, roibos tea, sugar and individual servings of soy milk in each room. Cold water can be got from taps in ensuite bathrooms or from the kitchen – wash your hands before and after entering the kitchen.

Please bring with you a mug (we recommend a travel mug with a lid), a water bottle and your choice of any extra tea/coffee (and cafetiere/coffee press if required).

## **Rota tasks**

There will be a rota with many of the usual tasks to help run the retreat smoothly. There will be additional hygiene requirements for all tasks. For breakfast preparation you will need to undertake a brief training and wear a face covering while preparing and serving porridge or toast. The cleaning role will include wiping down hand contact surfaces daily using a virucidal cleaner.

## **Shrine room**

The shrine room will be laid out with distanced spaces for meditation mats. You will use the same mat, cushion, blankets etc throughout the retreat. Bodywork or movement will take place in smaller groups.

## **Social time!**

Connecting with others on retreat is a highlight of the retreat for many. This will still be able to happen! You will however need to maintain physical distancing whilst in the retreat centre and when outside.

## **If someone develops Covid-19 symptoms on retreat:**

- They need to tell the team immediately, take a lateral flow test and self-isolate in their room. If the test is positive, the retreat closes early and everyone returns home as soon as possible, minimising contact on the way.
- We will follow Test and Protect procedures as necessary, which may involve sharing your details with NHS Inform.

### **What to bring with you:**

- Travel mug, water bottle
- Your choice of extra tea/coffee, snacks
- Hot water bottle
- Face coverings (7 disposable or 2 washable) and plastic/ziplock storage bag
- Lateral flow test to take on the Thursday of the retreat

**We ask that if you feel you will not be able to keep to the distancing and hygiene requirements that you do not come on retreat – we need to try to maintain a safe environment for everyone here at Dhanakosa. And any questions in advance of your arrival please get in touch – [info@dhanakosa.com](mailto:info@dhanakosa.com) We look forward to seeing you soon.**