



COVID-19 Pre-Retreat Information - 2022

While COVID-19 levels remain high in the UK, Dhanakosa will be keeping enhanced cleaning and hygiene measures in place to create minimise risk of infection whilst on retreat. Please read the following notes about coming on retreat during 2022. This information is under regular review and we will communicate any changes with you ahead of your retreat.

Testing

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 every two days during the retreat (Sunday, Tuesday, Thursday), so please bring spare test sets with you. We will also ask you to test during the retreat if you start to display symptoms. 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.

Emergency procedure

Whilst self-isolation is still a requirement, if anyone was to test positive during the retreat we will end the retreat immediately to avoid the risk of transmission. We are therefore continuing to ask that you have a way of getting home if the retreat has to end early. If you have travelled by public transport you will need to have someone who could collect you from Dhanakosa in the event that you test positive. If you anticipate this being a problem please get in touch with the office and we can discuss your circumstance.

Face coverings

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 wear a face covering when in close contact with someone from the Dhanakosa community (this includes when you arrive at the retreat centre for the reception process), at all times when you enter the kitchen (either for washing up or collecting food) and during the work period. We would also ask you wear a face covering if coughing or sneezing more than normal or otherwise unwell. At all other times face coverings will be optional.

Enhanced cleaning and Hygiene

You will need to sanitise your hands on arrival and wear a face covering for the reception process. Throughout the retreat we ask that you regularly wash your hands and use the hand sanitiser points in the retreat centre. We ask for particular care to wash your hands before meal times and before entering the kitchen.

All communal contact surfaces and shared bathrooms will be cleaned daily.

Room sharing

When booking on retreat you will be asked if you will be happy to share a room. We are currently booking for a total of 21 people on-site including the team (60% normal capacity) however this may change in response to COVID levels in the UK.

Meals and snacks

Meals will be self service or served by one of the retreatants.

You will be able to help yourself to snacks (toast/oatcakes) from the kitchen in between meals. There will also be fruit on the tea bar. If you need anything else please bring it with you and keep it in your room. There will be no access to the food store.

Drinks

The tea bar area will be back in use. We are also currently still have 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 en-suite bathrooms or from the kitchen – wash your hands before and after entering the kitchen.

We are not currently providing ground coffee and cafetiere/coffee press. If you would like coffee, please bring your own coffee and cafetiere/coffee press.

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 some of the tasks. The cleaning roles will include wiping down hand contact surfaces daily using a virucidal cleaner.

Cancellation Policy

If you cancel a retreat booking it will be possible to receive a refund or transfer the booking fee to another retreat within 12 months, provided you give us at least 1 month's notice from the start of the retreat you are cancelling. After which booking fees are only transferable under special circumstances, including those related to COVID-19. See our full cancellations, and transfers policy [here](#).

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:

- Face coverings and plastic/ziplock storage bag
- Lateral flow tests to take on Sunday, Tuesday and Thursday of the retreat
- You may wish to also bring a travel mug, water bottle, and your choice of extra tea/coffee, snacks

We ask that if you feel you will not be able to keep to the testing 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 We look forward to seeing you soon.