



Re-opening Dhanakosa Safely

This document presents our rationale for our planned re-opening on 30th April 2021. It draws on Scottish Government guidance relevant to our situation as a Buddhist retreat centre. The activities of a retreat centre fall within several different sectors of the guidance. And, in addition to the guidance for different sectors, the travel guidance for Scotland, the UK and internationally also has an effect. We have drawn on all guidance as and where it is relevant to our situation.

We have conducted a careful and detailed risk assessment of all activities and developed appropriate procedures and practices for the mitigation of transmission risk in all areas in accordance with this guidance. Principally:

- Limiting numbers to provide single rooms
- Physical distancing and one way flow management as appropriate
- Enhanced hygiene and cleaning
- Appropriate use of face coverings
- Limiting of contacts outside the retreat group
- On-going support for compliance and troubleshooting as appropriate from the Dhanakosa team

Specific guidance referred to includes:

Travel and transport

Within Scotland it is expected that on the 26th April restrictions on travel within mainland Scotland will be lifted, meaning that those people resident in Scotland will be able to travel here. For those living within the rest of the UK the restrictions on non-essential travel are also expected to be lifted on the 26th April or soon thereafter, when this is confirmed then those resident in the rest of the UK will also be able to travel here¹.

International travel into Scotland for non-essential reasons is currently non allowed, so people living outside the UK are not currently able to come on our retreats. Travel by public transport is not restricted and this option will be open to people.

Tourist accommodation and hospitality

The tourist accommodation and hospitality sectors are expected to begin phased re-opening from 26th April². We have considered this guidance with respect to provision of accommodation and meals. Physical distancing guidance and enhanced cleaning will be in place for other communal areas.

¹ <https://www.gov.scot/publications/coronavirus-covid-19-timetable-for-easing-restrictions/pages/timetable/>
Accessed 5.4.21

² <https://www.gov.scot/publications/coronavirus-covid-19-timetable-for-easing-restrictions/pages/timetable/>
Accessed 5.4.21

Places of worship

Places of worship re-opened for communal worship and individual prayer on 24th March, with a maximum capacity of 50 within levels 3-4³. We will have a maximum of 12 people on retreat at a time.

Relevant specific rules regarding shrine room activities will be in place.

Support and wellbeing groups

Guidance for support and wellbeing groups, which is relevant to the group elements of a retreat, allows groups of people to meet without face coverings and without the restrictions on the number of people attending⁴. On retreat, groups will operate within our physical distancing number for that location.

Indoor exercise

Some of our retreats include gentle yoga. The restrictions on indoor group exercise are expected to be lifted on 17th May. Face coverings are not required when undertaking indoor group exercise⁵.

Other retreats include slow and mindful movement like Qi Gong, as these activities involve minimal movement and exertion we will include these activities before 17th May, ensuring full physical distancing and good ventilation and undertaken outside whenever possible.

Other Guidance

We have also considered guidance for educational establishment and workplaces, particularly with reference to the use of face coverings. Although this sector guidance is generally less directly applicable than those mentioned above.

³ <https://www.gov.scot/publications/coronavirus-covid-19-phase-3-guidance-for-the-safe-use-of-places-of-worship/> Accessed 5.4.21

⁴ <https://www.gov.scot/publications/coronavirus-covid-19-one-to-one-support-and-support-groups/> Accessed 5.4.21

⁵ <https://www.gov.scot/publications/coronavirus-covid-19-guidance-on-sport-and-leisure-facilities/pages/workforce-planning/> Accessed 5.4.21