

Important information regarding the corona safety protocol during retreats at Beatenberg meditation centre, as of July, 2020

Based on the templates of GastroSuisse and HotellerieSuisse, the Foundation members, in collaboration with the house team, have decided on a set of binding safety regulations for the running of retreats. This should facilitate a safe and relaxed environment for the stay in the centre and serve to protect the retreatants, the house team and the teachers.

The protocol applies to everyone who is in the centre during retreats until further notice and may be modified in order to curtail the spread of the virus.

Mouth and nose protection: protective masks must be worn in the corridors, in the toilets and, depending on the number of people, in the kitchen. Protective masks do not need to be worn in the meditation hall, in the bedrooms or outside the building. The centre will provide masks.

Office: although a protective shield has been installed anyone entering the office is requested to still wear a mask.

Kitchen: if there are more than three people in the kitchen simultaneously, they must all wear protective masks. The cook will advise those present how to maintain the appropriate social distance.

Meals: it is imperative to wash and disinfect hands before every meal. Protective masks must be worn during the dishing up of food at the buffet table.

Accommodation: the bedrooms will be occupied by a maximum of two people. Four people may be accommodated with sufficient distance in the panorama room.

Disinfection: all frequently used surfaces will be disinfected regularly.

General behaviour:

- Anyone displaying symptoms of illness such as flu or fever should not attend a retreat.
- Retreatants who present with clear corona-like symptoms during the retreat (such as respiratory symptoms, dry cough, sudden loss of taste/odour and/or fever) will be asked to return home and undergo a corona test immediately. If the result is positive, the centre must be informed straight away.
- Refrain from shaking hands or hugging when greeting someone.
- Wash your hands frequently with soap and use the handsanitiser available throughout the centre. You may also bring along your own handsanitiser.
- Cough and sneeze only into your elbow, not into your hands.
- Dispose of used tissues in closed containers.

Thank you for your understanding, acknowledgement and consideration of the above.

May all beings be healthy.
Foundation members and centre house team