

## Important information regarding the corona safety protocol during retreats at Beatenberg meditation centre, as of 20 October, 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 residential retreats. By protecting the retreatants, the house team and the teachers these regulations serve to create a safe and relaxed environment during your stay at the centre.

The regulations apply, until further notice, to everyone who is in the centre during a retreat and may be modified when necessary in order to curtail the spread of the virus.

**Mouth and nose protection:** masks must be worn indoors, except in the meditation hall during silent meditation and in the bedrooms.

Masks do not have to be worn outside as long as appropriate social distancing is maintained.

This also applies to outside walking meditation.

The centre will provide masks.

**Office:** anyone entering the office must wear a mask despite there being a protective shield installed on the office counter.

**Kitchen:** masks are obligatory if there are more than three people in the kitchen simultaneously. The cook will advise anyone working in the kitchen on appropriate social distancing.

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

**Accommodation:** Until more relaxed measures are possible all participants will be accommodated in single rooms. The panorama room will remain unoccupied.

**Disinfection:** all frequently used surfaces will be disinfected regularly.

### General behaviour:

- Anyone displaying flu or fever-like symptoms of illness should not attend a retreat.
- Retreatants who present with corona-like symptoms during the retreat (such as respiratory symptoms, dry cough, sudden loss of taste/odour and/or fever) will be asked to contact the office and will have to return home. They will be requested to undergo a corona test immediately and to report back to the centre once the test result is known.
- Please refrain from any physical contact when greeting or saying goodbye to someone.
- Maintain a social distance of 1.5m.
- Wash your hands frequently and thoroughly with soap and use the handsanitiser available throughout the centre.
- Cough and sneeze only into your elbow or into a handkerchief, not into your hands.
- Dispose of used tissues and masks in bins with lids.
- During meals place your mask on a paper serviette, into a plastic bag or hang it up in such a way that it has no contact with any other surface.

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

May all beings be well.

Foundation members and centre house team