

Safety Concept for Meditation Courses at the Beatenberg Center

Version 29.4.2021

In accordance with cantonal regulations, the Board of Trustees in collaboration with the house team has decided on binding measures for the running of courses.

These policies enable a safe and relaxed framework for the stay at the centre and serve to protect the participants, the house team and the teachers. They apply until revoked to all those staying at the center during courses. Depending on the development of the spread of the virus, these measures may be modified.

Mouth-nose protection: Protective masks must be worn in the meditation hall and in all other indoor rooms, except in your own room. Outside the building, masks do not need to be worn, provided the safe distance is maintained (including during walking meditation). The center provides masks.

Office: A plexiglass partition has been installed and masks are compulsory.

Kitchen: A mask must also be worn here. The center cook advises those present to keep a safe distance.

Meals: Hands must be thoroughly washed or disinfected immediately before a meal. Protective masks are mandatory for self-service at the buffet.

Room occupancy: All participants will be accommodated in single rooms, unless official guidelines allow a higher occupancy. The panorama room remains free.

Disinfection: All frequently used surfaces will be disinfected regularly.

Corona self-test: Participants are advised to do a Corona self test or antigen test prior to arrival.

General behavior:

- Those with symptoms of illness such as flu or fever strictly should not participate in a retreat. In the current situation, it is expressly not possible to travel to the retreat.
- Participants who suffer from corona symptoms during the retreat (respiratory symptoms, dry cough, sudden loss of taste/smell and/or fever), please report to the office. They must leave the retreat, undergo a corona test immediately and report the result to the center.

We kindly ask you to

- refrain from any physical contacts during greetings and farewells.
- generally keep a social distance of 1.5m.
- wash your hands thoroughly with soap and use the disinfectants provided at the center.
- cough and sneeze only into the crook of the arm or a tight cloth, not into the hands.
- dispose of paper tissues and used masks in available closed containers.
- place your mask on a paper towel, deposit it in a plastic bag or hang it up during meals, so that no common surfaces are touched.

Thank you for taking note, for your understanding and consideration.

May all beings be healthy!

House Team & Board of the Meditation Center Beatenberg