

# **Safety Concept for Meditation Courses at the Beatenberg Center**

**Valid from 08/01/2021**

Based on federal and 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.

**All participants must present a valid Swiss COVID certificate, a foreign vaccination certificate or a certified negative COVID test when registering. A PCR test must not be older than 72 hours and an antigen test not older than 48 hours.**

(People under the age of 16 do not need a COVID certificate.)

**This enables us to lift the restriction on the number of participants, the distance rules and the mask requirement throughout the house.**

Wearing masks is therefore no longer necessary, only voluntary.

These measures also apply to all teachers, employees and volunteers.

Hands must be thoroughly washed or disinfected immediately before a meal.

**Those who wish to register without a valid certificate or without a valid test certificate on the day of arrival will unfortunately have to be turned away. Course fees cannot be refunded in this case.**

Anyone with symptoms such as flu or fever strictly should not participate in a 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 are asked to leave the retreat, undergo a corona test immediately and report the result to the center.

Thank you for your consideration.

May all beings be healthy!

The house team, management & board of the trustees