

**The Mountain Hermitage COVID 19 PROTOCOLS AND
WAIVER OF LIABILITY AND AUTHORIZATION FOR MEDICAL TREATMENT
March-April 2023**

- 1) All participants (retreatants and staff) have to provide proof of vaccination. If you experience any cold symptoms the week before the retreat or have been exposed to Covid 19, please let me know.
- 2) All participants (retreatants and staff) have to wear an N-95 (or KN-95) masks when in an indoors group setting (except when eating/drinking), during shared yogi jobs, during practice meetings with the teacher, and during any interactions with another participant.
- 3) All participants (retreatants and staff) have to get a Covid 19 test within 72 hours of arrival at retreat to show a negative test result. A PCR test is preferable and accurate, but an at-home test is permissible.
- 4) All participants (retreatants and staff) have to purify hands (or wear disposable gloves) before: entering the meditation hall; dining hall; the kitchen; the teacher's practice meeting space; and using the 24/7 hot beverage "station." There will be ample locations to purify one's hands.
- 5) All participants (retreatants and staff) have to observe the 6ft safe distancing protocol
- 6) Re 6ft safe distancing, we have figured out how to ensure this to the best of our abilities in the meditation hall and in the dining hall.
 - A) There will be 2 HEPA UV air purifiers in the meditation hall, 2 in the dining hall, and 1 in the space where the teacher will do his/her/their practice meetings.
 - B) For the Dhamma Talks & Group Sits with Instructions/Reflections, people will have to sit, not only in the meditation hall, but also spread out into the lobby and dining hall areas. The teacher will be wired for sound which will be amplified.
 - C) For the Group Sits without instructions/reflections, people can opt to sit in his/her/their own rooms or outside if weather permits.
 - D) For meals, the dining area is large enough to allow people to sit 6ft or more apart. We will have 1 meal time but participants will have to follow the 6ft safe distancing rule when getting food. Depending on the weather, people can also eat outdoors. People can also eat in his/her/their own rooms.
 - E) We will have our usual "buffet" line for meals but we ask that you maintain 6ft safe distancing and that you purify your hands before taking your plate and food. We will not use our usual "car wash" style of pre-cleaning dishes. We will pre-clean our dishes using either paper towels or disinfectant wipes. Crockery and cutlery, pots and pans, will be sanitized after each meal using the kitchen sanitizing machine. Kitchen towels/sponges will be changed after each meal. Washing/Sanitizing of kitchen towels/sponges will be done every 2 days.
 - F) Shopping for groceries and supplies will be done by one person (admin staff) to limit the cook's and retreat manager's exposure to the general public. **With this in mind, please make sure you bring what you need (toiletries, medications, etc...) to help keep the number of special shopping requests to a minimum.**
- 8) We will continue to have most of the "yogi jobs" but there will be no more than 2 people per job. So lunch clean, for example, will have 2 people on it, to ensure proper safe distancing. We would prefer it if people doing yogi jobs would also wear gloves and we will have ample disposable gloves.

I acknowledge that I have read and understand the above protocols & guidelines and that I agree to follow them. I acknowledge that attending an in-person retreat during the Covid 19 pandemic involves taking a certain amount of risk. I acknowledge that The Mountain Hermitage is doing what it can do to minimize

this risk. I hereby assume all risks of injury to me and my property, which may be sustained in connection with activities undertaken while at a TMH retreat.

I voluntarily agree to participate in retreat activities sponsored by *The Mountain Hermitage* (TMH). I have read the information describing the retreat I am attending. I realize that all activities at TMH retreats are voluntary and entirely at my discretion. These include a daily work period of about 1 hour. If I have any concern about my ability to safely complete an assignment, I will notify a staff member immediately. I also realize that there are unanticipated risks during such activities. I hereby assume all risks of injury to me and my property, which may be sustained in connection with activities undertaken while at a TMH retreat.

I agree that in the event of a medical or psychological emergency, TMH has the authority and sole discretion to contact 911 emergency services, as well as the designated emergency contact person listed below. I understand that TMH sponsors meditation retreats and is not expected to provide medical and/or psychological care.

Any costs incurred for health and emergency services are my responsibility and not the responsibility of TMH. I understand that TMH will make every effort to communicate with my designated contact person in an emergency.

I further understand that participation in TMH retreats is at the discretion of the teachers and TMH administration at all times. If, in the opinion of TMH, I am unable to continue to participate productively in the retreat, I may be asked to leave.

I have read this agreement and fully understand its contents. I sign it of my own free will. I am of full age and accept the above disclaimer.

Name of Retreatant (please print legibly) _____

Signature of Retreatant _____ Date _____

IN CASE OF EMERGENCY, OR SHOULD I NEED TO LEAVE THE RETREAT EARLY, THE FOLLOWING PERSON SHOULD BE CONTACTED (print legibly)

****The emergency contact person should be someone you can stay with should you need to leave early****

Name _____ Relationship _____

Daytime Phone(____) _____ Evening Phone(____) _____