

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

- 1) All participants (retreatants and staff) have to provide proof of vaccination. If you experience any cold symptoms the week before the retreat, please let Kathy know as soon as possible.
- 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. After everyone takes a Covid test on Day 4 (July 10th) of the retreat, mask wearing will become optional for the remainder of the retreat.
- 3) All participants (retreatants and staff) have to get a Covid 19 test within 24 hours of arrival at retreat to show a negative test result. A pcr test is a bit more reliable and you can also use an at-home test. After everyone takes a Covid test on Day 4 (December 5th) of the retreat, mask wearing will become optional for the remainder of the retreat.
- 4) All participants (retreatants and staff) are asked to purify hands 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 by either hand sanitizer or by washing hands.
- 5) When possible, please observe the 6ft safe distancing protocol.
 - A) There will be HEPA UV air purifiers in the meditation hall, the dining hall, and 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 ample space to spread out in the newly configured meditation hall. And 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, please do your best to ensure that you sit 6ft or more apart. Depending on the weather, people can also eat outdoors. People can also eat in his/her/their own rooms. Crockery and cutlery, pots and pans, mugs and glasses will be sanitized after each meal using the kitchen sanitizing machine.
- 6) Shopping for groceries and supplies will be done by the cook and the retreat manager. **With this in mind, please keep the number of special shopping requests to a minimum.**

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(____) _____