

**The Mountain Hermitage COVID 19 PROTOCOLS AND
WAIVER OF LIABILITY AND AUTHORIZATION FOR MEDICAL TREATMENT
Spring 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 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.
- 3) All participants will take a Covid 19 test on Day 3 (March 28th) and Day 6 (March 31st.) If everyone tests negative for Covid 19, mask wearing will be optional until the end of the retreat. Until that time, 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.
- 4) All participants (retreatants and staff) have 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 90% alcohol hand sanitizer or by washing hands.
- 5) All participants (retreatants and staff) have to observe the 6ft safe distancing protocol when possible.
- 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 HEPA UV air purifiers in the meditation hall, in 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 teachers 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, we will do our best to ensure that people 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 their own rooms.

E) We will have our usual "buffet" line for meals and for clean up. Crockery and cutlery, pots and pans, mugs and glasses will be sanitized after each meal using the kitchen sanitizing machine.

F) Shopping for groceries and supplies will be done by either the cook or the retreat manager, so **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(____) _____