

# An Essential Guide to Being on Retreat

The purpose of this guide is to help create a high standard of health and safety for yourself and others at Padmaloka during the retreat.

We have outlined here a set out principles, rules, and observances to be carried out during your stay.

## General Precautions

Please keep social distancing of 2 metres wherever possible. Where not possible, there will be other measures in place, such as extra ventilation.

- **Face coverings need to be worn indoors**, except when eating or drinking, and including in the shrine room – except if it obstructs your practice of meditation or recitation.
- Please be aware of narrow walkways, e.g.: outside the toilet block, and be vigilant in maintaining social distancing.
- Doors and window will be kept open for ventilation, so bring warm clothing.

## Lateral Flow Testing

- We ask that you take two lateral flow tests before arrival at Padmaloka, one within 48 hours of arrival, and the other within 24 hours of arrival.
- If you arrive not having done a test, you will need to do one upon arrival and will have to wait for the result before entering the buildings.
- You will need to return home if you receive a positive result.

## Travelling to Padmaloka

- Please **avoid public transport where possible**.
- If you cannot avoid public transport, then please arrange for somebody who could collect you by car for if you do fall ill during the retreat.

## What to bring

Please bring enough **face masks to last the duration of the retreat, hand sanitizer, mosquito repellent, sun cream, towel, pen, paper, alarm clock** and any other essentials which you might need, including **Dharma texts** as the Library will be out of bounds.



## Personal Hygiene and Safety

- Please wash your hands thoroughly or use hand sanitiser regularly - before eating, after toilet visits, cleaning, handling waste, etc.
- Make sure to use the hand sanitiser dispensers when entering buildings.
- Keep personal belongings on you or in your room.
- If you would like to exercise, please bring your own equipment as the second shrine room will not be available for use.

## Developing Symptoms and Confirmed Covid-19 cases

- If you develop **any symptom** of illness, please communicate with the retreat team.
- You may need to move into isolation until you can leave by your own means. If you do not have a way to return home without using public transport, you will need to stay in isolation until you can either be collected, or until 10 days have passed.
- If you are sharing a room with someone who develops symptoms, you may be asked to leave Padmaloka or to go into isolation.
- If there is a confirmed case of Covid-19 the retreat will close.

**If you are travelling via public transport, please organise somebody who could collect you if you did fall ill - so that you can return home without using public transport.**

## Moving around the retreat centre

- The main house, Dharma Library, sauna corridor and community lounge, support wing and second shrine room will be off limits.

## Specific Areas

### Retreat Lounge:

- Please be aware of how many people are in the retreat lounge and only enter if social distancing can be maintained.
- Please seat only one man on each sofa.
- Please don't move furniture in the retreat lounge.
- Wear your mask within the retreat lounge, except when drinking a hot or cold drink.



### Tea Counter:

- Make sure to use hand sanitizer before making a drink at the Tea Counter.
- Please maintain social distancing when making drinks.
- Use one cup for the duration of your stay which you can indicate with a mug-tag.

### Showers:

The shower block, AB bathroom and Rose Alley bathroom will be available for showering.

- When using the shower block or Rose Alley bathroom please take a wooden indicator with you from the hook to indicate it is in use, and return it when you are finished; if there are none available then please wait or use a different shower.
- **After use, please disinfect the shower following instructions given on a card.**
- Please keep the showers clear of personal belongings.

### Toilets:

Toilets in use will be the toilet block, AB bathroom, and Rose Alley bathroom.

- Where possible and appropriate, please keep windows and doors open to aid ventilation.
- When using the toilet block please take a wooden indicator with you from the hook to indicate it is in use, and return it when you are finished; if there are none available then please wait or use a different toilet.
- **Please disinfect the toilet using antibacterial spray after each use.**
- Please keep the toilets clear of personal belongings.

**One-to-one Meetings:** Where possible, please use the garden for one-to-one meetings.

**Kitchen:** The kitchen is out of bounds, except for during washing up.

### Dining Room:

- **It is vital that you use the hand sanitizer before entering the Dining Room.**
- Tables and seating are arranged to maintain social distancing of 1,5m, please don't move your chair from its spot.
- For seconds you can raise your hand for the server to collect your plate and serve.
- Please do not bring any personal food items which require refrigeration.



**Shrine room:**

- Spaces in the shrine room will be at 1,5m intervals, please don't move your space.
- When entering and leaving the shrine room be vigilant in maintaining social distancing; if you are seated near the Amitabha painting please use the fire door as an entrance and exit.
- Shrine gear will be available, please use the same set for the duration of the retreat.

**Office:**

- If you need to communicate something to the Guestmaster then you can knock on the office window and whoever is working that day will come out to greet you.
- Bookshops orders and donations can be made via invoice after the retreat, to minimise office use.

Thank you and we hope that your stay at Padmaloka is inspiring, uplifting and that it brings you closer to those great ideals of Buddha Dharma and Sangha.

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