

## Wind of great Spirit Trainings COVID-19 Guidelines

Our intent is to create a Container that is safe as we gather to receive these teachings. **It is important to know that we cannot eliminate the risk of COVID-19; any of us could unknowingly be infected and spread the virus to others and that you are consciously participating with in mind.**

There will be people attending who are vaccinated and some who are not. Similarly, there will be people attending who choose to wear masks and others who do not. We ask that each person's individual choice be respected by others.

**In alignment with our intent, we request your agreement with the following protocols.**

**Required:** Take a **PCR COVID** test (not a rapid test, nor home/self-administered test) within 72 hrs before the workshop starts. **Bring a copy of the negative results to registration either in hard copy or on your phone.** Let us know if you need testing locations in Vermont

**Before attending a Wind of great Spirit Training:**

- Act as a self-responsible guardian for your fellow participants.
- Use awareness in how and with whom you interact for the 14 days prior to the program to reduce chance of exposure.
- **Take a PCR COVID test** (not a rapid test, nor home/ self-administered test) within 72 hrs before the workshop starts. **Bring a copy of the negative results to registration either in hard copy or on your phone.** Let us know if you need testing locations in Vermont.
- If you receive a positive test please contact Michael immediately and do not come to the training.
- Have extra care during the 72 hours between testing and attending. We ask that you refrain from attending indoor gatherings, and if unavoidable, to wear a mask.

**Travel Awareness:**

- Wear a mask when interacting with other people.
- Travel with attentiveness to reduce the possibility of exposure. Be aware of hotspots.
- Avoid crowds and stay at least 6 feet from anyone not traveling with you.
- Wash hands often or use hand sanitizer when touching surfaces that may have been exposed to other people not traveling with you.
- Self-monitor for symptoms, notify us immediately if they develop.
- Bring your PCR Covid-19 test results with you to Registration.

### **Air and Car Travel**

We ask all participants to follow the current FAA and CDC's recommendations/requirements for Air Travel. Be attentive to the requirements needed for your return flight.

- Wear a mask at all times while in the airports and on board the plane.
- Wherever possible, avoid crowds and stay at least 6 feet from anyone not traveling with you.
- Wash hands often or use hand sanitizer.
- Self-monitor for symptoms; notify us immediately if they develop.
- Bring your PCR Covid test results with you to Registration.

### **During and After the training**

- On occasion we may be in close proximity of each other - You are encouraged to take responsibility for your own need for distance and whether you desire to wear a mask or shield or not.
- Please bring masks with you to use when going out into public places. You are welcome to wear a mask or shield during the workshop if you choose.
- We will be providing lunch every day so you don't have to leave the grounds.
- Everyone agrees to taking extra care while going to the grocery store if needed for breakfasts and tending to other essential needs to protect our container.
  - We ask that you wear masks in public places.
  - Do not eat out in restaurants, but getting take-out food is okay.
- Changing Covid protocols at the local and state levels might influence aspects of our indoor gathering. The situation does continue to be fluid. We ask for your patience and flexibility. Our commitment to you is to keep you informed as best we can.
- If there are any symptoms or positive test results following the workshop, notify Michael directly.