

Steph Magenta & Sarah Rose Bright

Coronavirus (COVID-19) Policy for physical workshops and meetings – November 2021

The main symptoms of COVID-19 are listed here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/main-symptoms/>

Risk of transmission:

We ask that people follow government guidelines as follows - Please do not attend if suffering from any coronavirus symptoms and adhere to guidance for households with possible or confirmed coronavirus. See below if unsure what the current guidance is.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Whilst we will take all possible precautions to limit your risk of exposure to Coronavirus (COVID-19), we cannot guarantee that there will be no risk to you as a result of attending any of our workshops, events or trainings.

All attendants at meetings are required to:

- Wash hands immediately on arrival at the venue, throughout the day, before and after eating or when using the bathroom/toilet.
- Use hand sanitiser where hand washing facilities are not available e.g. outdoors. We will provide skin friendly options or please bring your own if you prefer.
- Respect the personal space of other participants. Please do not assume contact is okay for everyone, and ask before hugging or making physical touch.
- Return home if COVID-19 symptoms develop during a session. For you to either drive home or we will contact your named contact to ask them to collect you so that you are off site the same day.

Steph & Sarah will:

- Follow government guidelines and venue requirements regarding Covid-19 safety
- Ensure there is increased ventilation in indoor spaces
- Provide hand sanitiser points and encourage good hygiene practices
- Advise groups before the session if face coverings are required in any indoor areas. At present this is not a requirement though any participants who feel more comfortable doing so are welcome to do whatever they feel encourages a sense of personal safety.

Delta variant:

We need to be responsible, be respectful and take precautions to keep ourselves and those around us safe. Look out for the following new Covid Delta variant symptoms:

- Blocked/runny nose
- Sore throat
- Headache
- Lethargy/tiredness
- Diarrhoea
- Hay fever like symptoms

- Symptoms may be milder in younger people including headache, sore throat and fatigue

As these symptoms can be common with other colds and respiratory viruses, we ask that participants with any of these symptoms:

- Consider taking a Lateral Flow Test before attending the session
- Wear a face covering at all times during the session

We ask that all participants self test at home no more than 48 hours before leaving home. Please bring a pack of tests with you (you can get them free in any chemist or from the government website in packs of 7) which we may ask you to do on the day of arrival. We trust that participants can self manage this and declare your own results which are only required in the event you test positive.

For some people who are traveling to our events, governments may make decisions beyond your personal control. Being attentive and updated with what is real in this development and continuing to respond accordingly is a wise choice.

On a practical level:

- If the retreat cannot go ahead due to government restrictions, in the first instance we will endeavour to find an alternative date for the retreat.
- If a participant needs to cancel the retreat due to unavoidable government and travel restrictions, a full refund will be offered.
- In the case of cancellation by a participant for any other reason the organisers' cancellation policy for the retreat stands. Please see T&CS on your booking confirmation email.
- Take care of your body and health as best as you can on an ongoing basis
- Laugh and invite more love, freedom and celebration into life!

Please note: We will never ask for your health status in regard to Covid 19, believing an individual's private medical information is exactly that...private! We request that participants do the same. As long as we're all taking sensible precautions, we trust that our event will be safe, happy and healthy and we thank you for your consideration during these strange and sometimes challenging times.

In love and health,

Steph & Sarah