

Covid Precautions for Residential Retreats

Dear friend,

Thanks so much for considering booking on to a retreat at Taraloka during these uncertain times. We do appreciate your ongoing support and are really looking forward to welcoming you on site in person!

Please read the full information carefully BEFORE booking your retreat.
If you book a retreat we take that as your consent to abide by these procedures.

Before booking:

- Please arrange **to have someone available who can come and pick you up if you become unwell during the retreat.** Please do not book if this is not possible for you.

Please do not book if :

- **You are unable to be on the work rota.** This is due to the smaller number of retreatants and extra hygiene/sanitising jobs that will need to be done on the retreat.
- **You have a restricted diet (apart from gluten free/wheat free)** as we are unable to manage these at present.
- **You are at [high or moderate risk from coronavirus](#) or live with someone who is at high or moderate risk.**

Is it safe for you to come on retreat here?

There is always going to be a level of risk when you mix with others, so the first thing is to check if you are able to come on retreat bearing in mind the well-being of yourself and others.

On Arrival

Please wait for us to greet you in the car park (or if raining please wait in your car). One of the team will take your temperature and give you some hand-sanitiser to use before

coming into the retreat centre. Please wear a mask when you enter the retreat centre. [See what it's like arriving at Taraloka](#). **Unfortunately if you have a temperature, you won't be able to enter any of the buildings at Taraloka and you will need to travel straight home. If you've come by public transport you will need to contact your pre-arranged lift to collect you straight away.**

Getting here:

- To minimise risk we would ask you to strictly follow Government guidelines around travel at that time.
- If trains/buses/taxis are crowded and feel unsafe please wait for a less crowded vehicle even if that means arriving on retreat late. For this reason we advise you to allow plenty of time for your journey and book flexible travel tickets and to arrange your own taxi for the end of the retreat.

Bedrooms

You will have your own bedroom. On your bed you'll find information on Covid precautions we'll be following during the retreat.

Bed linen

Please **bring your own bed linen – sheet, duvet cover and pillow cases**. Please also bring your own blanket if you think you will need one.

Social Distancing

We will be following social distancing guidelines. This means maintaining, wherever possible, a 2-metre distance between people inside or outside the retreat centre.

Communal work

On retreats we live as a community and daily jobs of up to an hour a day are shared between everyone. **At the moment we can't support women who are unable to join the communal work rota due to limited numbers.** You will be allocated the same daily job for the duration of the retreat.

Hand washing/sanitising

You will need to wash or sanitise your hands regularly throughout the day especially before making drinks and serving food. Hand sanitisers are placed throughout the retreat centre.

Face covering

Following Welsh government guidelines you will need to wear a face-covering when moving around any of the communal areas. Once seated in your allocated place or in your bedroom you are free to remove your face covering. Please bring **several** face-coverings with you and **hand sanitiser** for your own use.

Bathrooms and toilets

You will be sharing an allocated shower, toilet and wash-basin with just 1 or 2 other retreatants. Only one shower at a time may be used in any shower-room.

Shrine room

You will be allocated a place in the shrine room; all places will be 2 metres apart.

Dining room

You will be allocated a place to eat, either in the dining-room or in the lounge. All places will be at the maximum spacing possible and where possible with seating back-to-back or side-by-side. Your table will have its own condiments tray which you will be sharing with one other person. Weather permitting; you are welcome to eat outside.

Ventilation

We aim to keep the rooms well ventilated so they might be on the cool side. **Please bring warm clothes.**

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Households and Support Bubbles

We know some women are booking on retreats with other members of their existing households or support bubbles. As things stand at present, we ask you to join us in creating a shared space where we all benefit from the same support and to maintain the social distancing measures even with those to whom you are bubbled. Though we understand this may feel difficult we will not accommodate shared rooms at this time for the same reason.

Extra things you might want to bring with you:

****These items won't be available in the retreat centre****

A water bottle Alarm clock A thermos mug A hot water bottle
A Hair-dryer All toiletries and medicines you might need

If someone falls ill/develops Covid symptoms

If you become ill with Covid symptoms you must let the retreat organiser know immediately and self-isolate in your room. We will ask you to return home, take a Covid test, and let Taraloka know the results. If you fall ill having travelled here on public transport you will need to travel home with your pre-arranged lift straight away.

Please get in touch with us and do not attend the retreat, if at the time the retreat commences, you:

- **Live in an area where Government lock-down restrictions are currently in place.** (We will offer a refund of your booking fee in this instance.)
- **Have any Covid symptoms: ([click here for list of symptoms](#)), or if you've been in contact with anyone with Covid symptoms (*a new continuous cough, a high temperature and loss of or change in taste or smell*) in the 14 days prior to the start of the retreat.**

Thank you and well done for getting through all this information! We hope you are as excited as we are that Taraloka is opening to women once again and are very much looking forward to co-creating a held and welcoming space with you in warmth and friendship.

With love,

The Taraloka Team