



COVID-19 Pre-Retreat Information - 2022

While COVID-19 levels remain high in the UK, Dhanakosa will be keeping enhanced cleaning and hygiene measures in place to minimise risk of infection whilst on retreat. Please read the following notes about coming on retreat during 2022. This information is under regular review and we will communicate any changes with you ahead of your retreat.

Testing

Please take a lateral flow test on the day your retreat starts, before you leave home to travel to Dhanakosa, and bring proof of the negative result with you – the confirmation email/text from the NHS.

Everyone on the retreat will take a test Saturday, Sunday, Tuesday and Thursday so please bring extra tests with you. We will also ask you to test again during the retreat if you start to display symptoms.

To order free tests go to: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests> or visit your local pharmacy. Tests usually arrive within 1-2 days after ordering.

Emergency procedure

If anyone was to test positive during the retreat they will be asked to leave, as will anyone who isn't fully vaccinated (this is required by Scottish Covid guidance), returning home as soon as possible and minimising contact on the way. If a member of the retreat team has COVID-19, it may be necessary for us to close the retreat.

We are therefore requiring that you have a way of getting home if the retreat has to end early. If you have travelled by public transport you will need to have someone who could collect you from Dhanakosa in the event that you test positive.

Face coverings

For the first two days of the retreat face coverings are worn at all times when moving around the retreat centre and for chanting and making offerings in the shrine room. You can take it off when you sit down – to eat, to meditate, in a discussion group or sitting in a lounge space.

After the second LFT test day, Sunday, you do not need to wear your face covering to move around the centre, or when chanting/making offerings. You do still need to wear it for food preparation and serving and when in contact with the resident community.

Enhanced cleaning and hygiene

You will need to sanitise your hands on arrival and wear a face covering for the reception process. Throughout the retreat we ask that you regularly wash your hands and use the hand sanitiser points in the retreat centre. We ask for particular care to wash your hands before meal times and before entering the kitchen. All communal contact surfaces and shared bathrooms will be cleaned daily.

Room sharing

When booking on retreat you will be asked if you will be happy to share a room. We are currently booking for a total of 18-25 people on-site including the team (60-80% normal capacity) however this may change in response to COVID levels in the UK.

Meals and snacks

Meals will be self-service or served by one of the retreatants. You will be able to help yourself to snacks (toast/oatcakes/ricecakes) from the kitchen in between meals. There is also fruit always available. There will be no access to the food store.

Drinks

The tea bar area will be back in use. We also have mini-kettles in each room.

Rota tasks

There will be a rota with many of the usual tasks to help run the retreat smoothly. There will be additional hygiene requirements for some of the tasks. The cleaning roles will include wiping down hand contact surfaces daily using a virucidal cleaner.

Cancellation Policy

If you cancel a retreat booking it will be possible to receive a refund or transfer the booking fee to another retreat within 12 months, provided you give us at least 1 month's notice from the start of the retreat you are cancelling. After which booking fees are only transferable under special circumstances, including those related to COVID-19. See our full cancellations, and transfers policy [here](#).

If someone develops Covid-19 symptoms on retreat:

- They need to tell the team immediately, take a lateral flow test and self-isolate in their room. If the test is positive, that person will return home, along with anyone on the retreat who has not had three doses of vaccine. The rest of the retreat will test daily.
- We will follow Test and Protect procedures as necessary, which may involve sharing your details with NHS Inform.

What to bring with you:

- Face coverings and plastic/ziplock storage bag
- Lateral flow tests to take on Sat, Sun, Tues and Thurs of the retreat
- Proof of your lateral flow test taken on the day your retreat starts
- Proof of your vaccination status

We ask that if you feel you will not be able to keep to the testing and hygiene requirements that you do not come on retreat – we need to try to maintain a safe environment for everyone here at Dhanakosa. And any questions in advance of your arrival please get in touch – info@dhanakosa.com We look forward to seeing you soon.