



COVID-19 Pre-Retreat Information - 2022

While COVID-19 levels remain high in the UK, Dhanakosa is keeping enhanced cleaning and hygiene measures in place to minimise the 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 again on Monday so please bring an extra test with you. We will also ask you to test again if you start to display symptoms.

Positive test result

If anyone was to test positive during the retreat they will be asked to leave, 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.

Face coverings

You do not need to wear a face covering, however you are welcome to if you feel more comfortable doing so.

Enhanced cleaning and hygiene

Please sanitise your hands on arrival. During 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

There is a tea bar in the dining room for making hot drinks and 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 tests positive on retreat:

- They need to tell the team immediately, and return home, minimising contact on the way.
- We will follow Test and Protect procedures as necessary, which may involve sharing your details with NHS Inform.

What to bring with you:

- Proof of your lateral flow test taken on the day your retreat starts
- An extra test to take on the Monday of the retreat, plus additional spare tests in case you start displaying symptoms.

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.