



August 1st, 2022

COVID Safety Protocols for In-person Retreats

Our first priority is to secure the health and safety of everyone who comes to Land Of Medicine Buddha, including our guests, staff, and teachers. We follow county, state, and federal (CDC) COVID-19 guidelines that are currently in place in the state of California and follow additional protocols for Santa Cruz county.

Land of Medicine Buddha will begin in-person group retreats starting August 2022. During retreats, the land will be open to all hikers and daily walkers, unless the center is privately booked.

Safety Protocols

The following are Land of Medicine Buddha's required safety protocols:

- Vaccination: All staff, teachers, and practitioners must be fully vaccinated. Proof of vaccination will be required. Individuals must be "fully vaccinated to attend in-person teachings and retreats.
- Negative COVID-19 Test: All practitioners, teachers, and retreat staff are required to take an antigen test the day before the retreat. Retreat leaders must provide proof of a negative Covid test for each retreatant to LMB upon arrival. Individuals will not be admitted to the retreat if the test result is positive for COVID.
- N95, KN95 or KF94 Masks Required: Although Santa Cruz County has lifted the mandatory mask mandate, it is strongly recommended by the CDC and the California Department of Public Health that we continue to wear masks indoors. Land of Medicine Buddha serves a wide community and certain guests may be more vulnerable than others, we will continue to require masks in all indoor spaces except for dormitory rooms. We are requiring the proper wearing of N95, KN95, or KF94 masks. We will supply you with an appropriate mask if needed. Teachers will not have to wear a mask while actively offering Dharma teachings, however a plexi glass screen will be added in front of the teacher to provide protection. Masks are not required in outside spaces. Please allow for at least three feet or more social distance between you and another if you are unmasked. You may be asked to leave the retreat if you do not properly wear your mask.
- Ventilation/Air Filtration: Land of Medicine Buddha provides air filtration in all the meditation halls and practice spaces.
- Surface Cleaning: Sanitizing of all high touch areas is done three times daily.
- Hand Sanitizing Stations: Stations with hand-sanitizer or soap and water will be set up around Land Of Medicine Buddha campus to ensure adequate hand hygiene.

- Dining Social Distance: Three feet of physical distancing will be maintained in the dining hall with additional indoor and outdoor seating options for dining. All guests will be required to wear masks while indoors and in the food lines to receive food. Once the guest is sitting they can remove the mask to eat. Guests are required to wear their mask while making trips to the buffet and receiving food.
- Physical Distance in Meditation Hall: Cushions and chairs will be arranged to maintain three feet physical distance in the meditation hall.
- Symptom Check: All practitioners, staff, and teachers will receive a kit that includes a symptom checklist. Each person is expected to monitor their symptoms daily and notify a manager if they experience COVID symptoms or test positive.
- Sick Policy: If a practitioner or teacher becomes sick, they will be asked to remain in their room, and if serious, return home. Land Of Medicine Buddha will also ask the guest to take an antigen self-test onsite, and if the guest tests positive for COVID-19, the person must exit the retreat. Land of Medicine Buddha will help to assist the guest to provide support to the best of our ability.

Caring for the Community

Land of Medicine Buddha welcomes guests from around the world. Our intention is to keep everyone as safe as possible.

We have chosen to require COVID-19 vaccination for in-person retreats. This decision was not made lightly and considers our most vulnerable communities as well. Because of the high volume of guests coming on and off the property we truly value wanting to keep our workplace and practice spaces as safe and accessible as possible.

If you are not vaccinated we invite you to participate in our online retreats and programs to continue to connect with your practice and the community.

If you have any questions, please contact us at admin.manager@medicinebuddha.org.

Thank you for your practice and dedication to Land Of Medicine Buddha.

Everyone coming to Land Of Medicine Buddha for in person courses, retreats, meditations, pujas, or practices must submit proof of full vaccination.

Please submit your vaccination information here: <https://forms.gle/HmqJJnjoph1RPv9Q6>