

## **Covid-19 Safety Protocols for Radiating the Great Eastern Sun Program**

We are aware that the pandemic has evolved to a point where public health restrictions have been relaxed. At the same time, we want to remove any barriers to participation in a residential program, and be reassured that we are doing what we can to help everyone participate in this program with relative safety and ease, and ensure the safety of others. We are inviting you to join us in holding the view that this situation offers us tremendous opportunities to practice generosity, mindfulness and compassion for ourselves and others. It is in this spirit that we have created the following protocol for the program:

**Vaccination:** All participants should be fully vaccinated against Covid-19 and have received whatever booster shots they are eligible for. Proof of vaccination will be requested prior to arrival. This is waived for those who are immunocompromised and cannot be vaccinated.

**Covid Testing:** All participants will be required to send proof of a negative Covid test within 72 hours of arrival (emailing a picture of the result). A rapid antigen test will be sufficient. You will be asked to take another test upon arrival. **PLEASE PLAN ON BRINGING YOUR OWN TEST KITS.** The libraries in Nova Scotia have recently been restocked with Covid tests so these are currently available for pick up. If you are coming from the US, these are readily available at most US pharmacies and free to US residents by ordering from <https://www.covid.gov/tests>. During the program, if you develop any symptoms, you will need to test again and if positive, you will be isolated from others. If you are not able to bring test kits, some will be available at DDL.

**Masking:** Our primary gathering place will be the pavilion, where there is excellent ventilation which we can increase with fans. It is a very large space where we can easily maintain social distancing. Masking is optional in the pavilion. Many events will be outdoors so these will not require masks. All participants will be required to wear a mask indoors, i.e, in the dorms and in the indoor dining areas, except while eating. KN95 or N95 masks are highly recommended.

**Dining:** Meals will be served in the dining room and folks will be asked to wear masks when in this indoor space. A masked and gloved server will plate your food according to your wishes. Eating will take place wherever you feel at your ease, including the shrine room which is more spacious and will be ventilated with open windows, outdoors, or in your room.

**Staying on the land:** Participants who are staying on the land will be asked to remain on the land within the program “bubble” until the end of the program to limit exposure. For those who are staying off the land, we ask you to maintain a personal “bubble,” limiting your exposure to your best ability.

These protocols are subject to continual review and will be updated as the situation evolves. Please contact (email for Health and Well being person or coordinator) if you have any questions about Covid safety at the program.