

# COVID Guidelines and Precautions (indoor)

In order to make this as safe and stress-free as possible, we ask you to agree to these COVID guidelines:

## **For 10 days before the event starts:**

- Avoid crowds and large indoor gatherings (use caution)
- Limit non-essential activities like going to the hair salon, massages
- Use caution for all interactions with others before the retreat including while traveling to the gathering.

Please wear a mask in public places and socially distance during this time if you aren't already. In High Risk conditions please consider wearing a KN95 or N95 mask.

## **Pre-Registration and Vaccination, and Testing**

You will be asked to provide **proof of vaccination at time of registration**, including a booster shot if you are eligible for one before the retreat. You must bring **proof of a negative PCR COVID test** taken within 72 hours before session begins. A PCR test is necessary as these are the most accurate and produce a reliable time stamp. Because of possible breakthrough infections, this is the best indicator of possible illness, The second best is any flu symptoms; if you are having those, please don't come!

Each person will be required to administer a Rapid test and present those results to complete registration and entrance to the event. Please wear a mask until you complete your registration process, including a negative rapid test result.

## **During the Dance Retreat**

The retreat space does not accommodate 6 feet of social distancing while we are dancing. We will be washing hands between dances as a ritual of remembrance. You may choose social distancing or other precautions (masks, hugs, etc) as you are comfortable. Please know that others will probably have other standards and be respectful of that. Also please come willing to help keep even the most vulnerable among us safe by your caution and awareness.