

## Retreat to Gayles Coronavirus Guidelines

Maintaining the safety of everyone at Gayles has always been paramount for us and, in line with current Government, WHO and Environmental Health advice, we have introduced the changes below to help ensure that you are as properly protected as we can during your stay here.

Please take responsibility for yourself and do not join the retreat if

- You have had a temperature, felt unwell, become uncharacteristically breathless or experienced a loss of taste and/or smell in the last 15 days.
- You have been in close proximity to anyone presenting with the symptoms above or who you know to have had coronavirus in the last 15 days unless you are a key worker and have been following the government and WHO PPE guidelines.

Please advise your teacher as early as possible if you do experience any of the symptoms above up to 14 days after the retreat has finished (so that they can advise the others in your group).

### *General stuff:*

Please be mindful of others and maintain social distancing and other measures (such as hand cleaning) throughout your stay. Masks should be worn indoors except when you are eating, they are optional but recommended as good practice outside. Our helpers and ourselves will wear necessary PPE at all times.

Please bring your own yoga mat, meditation cushion, blanket and other accessories as well as a face mask and sanitiser, or contact your teacher if this is difficult for you.

Up to six people, including your teacher, can practice with distancing in The Old Cowshed. There is a one way system in place there and the washroom is now out of bounds (please see below). Larger groups may either practice outside or divide to allow staggered sessions.

There will be hand gel available by the entrances to shared buildings, please use it!

### *Accommodation:*

You will now have your own room and allocated washroom which you may share with a partner, family member(s) or others in a pre-existing bubble (which must have been established at least two weeks before your visit to Gayles); please only use the ones allocated to you during your stay. Camping is also available. With mutual agreement, two people who are not 'together' may share the larger dormitory (which has two showers, two toilets and two entrances).

We will provide bedlinen, towels and essential toiletries (although you may wish to bring your own favourites). Please strip your beds and put your bedlinen and towel separately in the bags provided at the end of the retreat.

You are responsible for keeping your room and washroom clean and tidy during your stay.

## *Catering:*

You will receive a form asking you about your food preferences from your teacher, please indicate what you would like and return it to them as early as you can and definitely by the last Tuesday before your retreat begins (so that we can be sure to properly cater for you).

All meals are served in The Stables; we ask that you either queue outside beforehand or arrive on a staggered arrangement and we now serve you your food individually as you come into the dining area. Once you have what you need either go to your table or use the one-way system to eat outside if you prefer.

You will be allocated a table in the dining area for you to use exclusively over your stay. This will be indicated by a name card. Please leave the card on your table (so that we can be sure to give the right peripherals to the right people).

When you have finished eating please put your crockery, cutlery and utensils in the dishwasher and the last person start it. Trays should be left by the sink there. You are also responsible for keeping your table and, communally, the dining room area clean and tidy.

Tea, coffee, herbal teas and fresh fruit will be available in your room. Your mugs will be of a particular colour/style, please only use that colour or style throughout your stay. Please leave your fruit bowl and cool flask (provided) by the sink in the dining area at the end of the retreat and also put your rubbish bag in the silver pedal bin opposite the sink in the kitchen area.

These arrangements may change at short notice in order for us to comply with updated official advice.

Although we do our utmost to keep you safe during your stay here, we cannot be held responsible for the actions of others in your group or liable should you become unwell. Please arrange your own travel insurance to cover you in such an eventuality.

In coming here you accept the terms and conditions above.

We hope that you have a safe and special stay at Gayles, please contact your teacher if you have any concerns or queries (as we will be in regular contact with them and better placed to answer multiple questions).