42 ACRES

Covid-19 Retreat Guidelines

Welcome to 42 Acres.

In order for everyone onsite to stay as safe and comfortable as possible, please read and adhere to the following guidelines.

Arrival:

- Check your temperature before arrival using a digital thermometer and inform us if you are showing signs of a high temperature (38C+).
- Please cancel your visit if you or someone from your household/support bubble shows any of the main CV-19 symptoms.
- If you are in a local lockdown, please don't attend the retreat
- Please bring your own face mask/shield and preferred hand sanitiser
- Check in using the NHS Track and Trace app using the QR Code or through the list provided

During your stay:

- Our housekeeping team will regularly sanitise all high touch surfaces like door handles, etc.
- Hand sanitiser and surface sanitiser for equipment e.g. yoga mats are provided
- Follow 'Covid-19 Secure' guidelines at all times, including keeping 2 meters distance between you and other people, washing hands regularly and sneezing/coughing into your elbow or paper tissue
- Please sanitise or wash your hands prior to commencing any activity
- Use a face mask where social distancing is not possible

After your visit, if you notice any Covid-19 symptoms within 10 days please contact us and let us know.

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Communal Spaces

Library:

• If you take a book please keep it during your stay and leave it in your room on departure

Soft seating areas:

• Please adhere to the current social distance guidelines
• The housekeeping team will regularly clean all communal areas

Communal toilet:

• Paper towels, hand sanitiser and surface sanitiser provided
• The housekeeping will clean the toilet as part of their daily routing
• If the toilet is open for the group, the toilet will have to be regularly be sanitised by anyone using it

Meal Services:

• Our host will inform you about the detailed procedure during the 'Welcome talk'
• We provide several social distanced dining areas

Yurt & Group room:

- 10 plus practitioner on yoga mats
- 10 plus practitioner in circle
- 14 plus practitioner in two circles
- 18 plus practitioner conference style

• Mats and yoga equipment will be provided by us
• Hand sanitiser, surface sanitiser and paper towel provided
• Please adhere to social distancing, and wear face mask or shield where not possible
• Please sanitise all equipment before and after use

Thank you. Together we can keep each other safe.