

STUDENTS' HEALTH PROTOCOLS AND RECOMMENDATIONS

PLEASE READ THOROUGHLY

*We anticipate with 240+ students and 34+ servers that cases of Covid will occur during the course. Last year, **approximately 40 of the course participants got Covid during the course and had to leave early.** If you do not feel safe in this situation or with the following requirements and recommendations, please cancel immediately.*

In preparation for the upcoming 10-day Vipassana course at the CYO Retreat Center in Occidental, CA from December 23, 2024 to January 3, 2025, we would like to inform you of the following health protocols:

1. We strongly recommend getting the most recent Pfizer or Moderna Covid vaccine at least two weeks before the start of the course.
2. Requirement: From December 16 onwards (one week before the course) mask in public places using a KN95 or N95 mask. (For those old students coming earlier to help with set-up, please start two days earlier on December 14).
3. Requirement: If you use public transportation to arrive for the course you must agree to mask when in transit. This includes during airport and airplane travel.
 - a. You will be asked if you complied with this masking requirement on public transportation when you arrive on Day 0 for registration. **If you have not complied with wearing a mask while traveling on public transportation to come to the course, you will not be admitted to the course.**
4. Requirement: TWO rapid antigen tests (no PCR required):
 - a. **First:** on the day of the start of the course with a negative result taken on December 23rd. (Old students coming earlier to help set up the course site, should do it the day they are arriving at the center.)
 - b. Please bring a photo of the negative test to be shown at registration at the start of the course.
 - c. **Second:** on Day 4 of the course with a negative result.
 - d. In addition to the test you do on the first day of the course, you must bring two more RA tests with you. You can purchase your tests online [here](#). You can also purchase them at any drugstore. They may still be available for free from the US government at: <https://covidtests.gov/>

- e. If you do not have two RA tests when you arrive at the course site, you may either go to a local drugstore to purchase two, or you may purchase them from us for \$24 for two RA tests.
 - f. Anyone arriving without an RA test result will be required to take one with a negative result in order to be admitted to the course.
5. Requirement: When meeting with the course teachers (for interviews, questions, or group interviews/checking) or talking to the course management, you must wear a KN95 or N95 mask that completely covers your nose and mouth. This will mean you need to keep a mask with you at all times for these occasions.
6. Masking using a KN95 or N95 mask is strongly encouraged for the first four days of the course and recommended for the duration of the course including during meditation in the hall, (except when eating, showering, or walking outside.)
- a. Please bring several of your own KN95 or N95 masks.

FYI: We will not make a general announcement when someone tests positive during the course, but we will inform those in the same cabin and those sitting next to the student in the meditation hall.

Students sharing the same cabin with someone who has tested positive for Covid or who have been sitting next to or in front of this person in the meditation hall will be strongly encouraged to mask for four days except when eating, showering or walking outside.

- a. These cabin mates and meditation hall neighbors will be required to test four days after the student in their cabin or near them in the meditation hall tested positive.

Anyone who arrives sick (even if it is not Covid) will not be admitted to the course. Anyone who becomes sick during the course (including but not limited to cold, flu, diarrhea, vomiting, fever or Covid) may have to leave the facility immediately. ***For this reason, we ask all participants to have an emergency transportation plan in place which should include emergency contacts, taxis, Uber, Lyft, etc. Please note that neither the volunteers on the course nor the course organizers will be able to provide any transportation for those who must leave due to illness. It is essential to have a plan in place just in case with sufficient funds to pay for the services and hotel you may require in order to leave.***

These health protocols have been adopted to help maintain as healthy an environment as possible for the course to help as many people as possible finish the course without getting sick and having to leave the course early.