

## **St. Margarets Bay Shambhala Centre COVID-19 Protocols with Seabright Spirit Ltd**

### **Please do not attend class if:**

- you have been traveling outside of the Atlantic provinces within the previous two weeks, or
- you had unprotected close contact with individuals who have a confirmed or presumptive diagnosis of COVID-19, or
- you have any COVID-19 virus symptoms:
  - Fever (chills, sweats) - Cough or worsening of a previous cough - Sore throat - Headache - Shortness of breath - Muscle aches - Sneezing - Nasal Congestion/runny nose - Hoarse voice - Diarrhea - Unusual fatigue - Loss of sense of smell or taste - Red, purple or bluish lesions on feet, toes, fingers that do not have a clear cause.

### **Please adhere to the following COVID-19 safety protocols when attending the Centre:**

- Please only bring what you need into the Centre.
- Maintain 6 feet distance wherever possible, inside and outside building.
- Please wear mask upon entering and while moving throughout the Centre.
- Wash or Sanitize hands immediately and often.
- Sign-in at table, left of door, with pencils and paper provided each class (follow instructions on the wall).
- Use hooks along wall for jackets, one person at a time in coat room.
- One person at a time when using the bathroom, please leave main door open, whenever possible or once finished.
- Proceed to Meditation hall following signage pathway.
- When *entering/leaving* class, please sanitize hands with spray just outside the room.
- Set up a mat space where green tape indicates, labelled front and back.
- When you are on your mat space, you may remove your mask.
- During practice, please be mindful of your out-breath, ensuring to breath downward or to the side, as to not breathe directly at anyone around you.

***Try not to touch as much as possible, and please follow recommended signage throughout Centre.***