

Participant Guidelines:

Buddhist Meditation at the Little Red Church In-Person Class

General Information

- Please stay at home if you are sick or a household member is sick. If you need to assess your symptoms, please call 8-1-1 or use the BC COVID-19 Self-Assessment tool.
- Participants will be greeted at the door. Please maintain social distancing. The instructor's assistant will open the door 15 minutes before the class starts.
- **Face masks are highly encouraged** but not required for participation.
- The greeter will check you in (**pre-registration is required** even if you are paying cash) and ask if you have symptoms of COVID-19. If you have any symptoms, you will not be permitted to take part in the class. Please pay attention to the greeters instructions.
- If you are paying cash, please bring exact change, show the greeter and place it yourself in the receptacle provided.
- We will sanitize all the chairs that are placed in the meditation room.

Getting Ready For Your Class

- Wash or sanitize your hands before and after your class. Frequent hand washing is highly encouraged.
- Washrooms are available in the area beside the kitchen. We will sanitize them before class but ask you to clean them after use. Sanitizer will be left in the washroom. Please wash or sanitize your hands upon returning to the room.
- Bring your own water bottle (capped) as there will be no refreshments served.
- Practice physical distancing as you enter the teaching space. Please take your chair and refrain from walking around,

During the Class

- Teachers and students are to remain in their designated chair throughout the sessions.

After Your Class

- Please be prepared to be patient when the class is over. Be aware of other when leaving and keep social distancing. Please adhere to the physical distancing requirements (2m).
- Please exit as promptly as possible.