Michigan Vipassana Association Covid Information and Instructions

Effective March 18, 2023, the following updated Covid policies are in effect for all courses conducted by Michigan Vipassana Association.

1. Covid vaccinations are not required.
2. You must bring proof of a negative Covid rapid antigen test taken in the morning before coming to the Center. Proof can be in the form of a lab confirmation or a picture of your home test result.
3. You must be completely free of any respiratory or flu-like symptoms (including stomach flu) for at least 7 continuous days before coming to the Center.
4. All course participants must take precautions against contracting Covid or flu for at least 7 continuous days prior to arrival at the Center.
5. Travel requirements:
   • Travel to the Center must be in a personal vehicle, with no travel through airports, crowded indoor train or bus terminals in the 7-day period before arrival.
   • There are no distance restrictions for travel to the Center.
   • Ride-sharing with a household member or one other course participant is allowed.

Please read the following instructions carefully as the following procedures will be followed each time a student or server applies to come to the Center for a course.

BEFORE A COURSE

1. COVID SCREENING AND INFORMATION INTERVIEW: You may be contacted by email and/or phone to set up a phone appointment. Please check your messages regularly so that you do not miss our email, text or call.
2. MAKE EMERGENCY CONTACT ARRANGEMENTS: Anyone who arrives with, or develops Covid or flu-like symptoms, while at the Center may be asked to leave. For this reason, it is important to make advance arrangements in the event you need assistance to leave early.
3. FOR THE FULL 7-DAY PERIOD PRIOR TO YOUR ARRIVAL AT THE CENTER: Please be as sure as you can be that you and all your household members and close contacts:
   a. Have not tested positive for Covid-19
   b. Have been free of any Covid or flu-like symptoms, including stomach flu (If you have allergies, sinusitis, or other health issues you must include these on your application. Be sure to also note any medications you may need for these conditions, and to bring these when you come to the Center).
   c. Have had no close contact with anyone who is known to have Covid or flu.
   d. Maintain a high level of precautions against contracting Covid or flu. This applies to you and all your household members and close contacts and includes:
i. All of the requirements listed above, and also,
ii. Masking and distancing when around other people in public venues. We recommend using **N95, KN95 or KN94 masks** (preferably NIOSH approved) and wearing these so that they fit securely over your mouth and nose.
iii. Avoiding Higher Risk Situations: Such as public transportation, crowded indoor and outdoor areas, and/or eating, drinking, exercising, working or socializing with others who are not practicing masking and distancing precautions, and being reasonably certain that other household members are also maintaining the same degree of safe practices.

**ARRIVING AT THE CENTER**

All participants must have taken a Covid Rapid Antigen test the morning of their planned arrival to the Center and be symptom-free upon arrival.

4. **BRING WITH YOU:**
   a. **Proof (a photo or some other documentation)** of your negative Covid Rapid Antigen test. If you use a home test, take a photo of the result no more than half-an-hour after the test is taken (date and time stamp if possible).
   b. **Two unopened over-the-counter Covid Rapid Antigen test kits.** You may be asked to take one or more additional Covid tests during the course.
   c. **Three to four: N95, KN95 or KN94 masks** (preferably NIOSH approved) so that you will always have a clean mask to wear.
   d. **Emergency contact information** for someone within driving distance of the Center who can assist you should you need help to leave due to illness or some other circumstance.
   e. **Your own personal items:** toiletries, bed sheets, blankets, bed pillows, pillowcases, towels, washcloths, meditation cushions and shawls, and a reusable water bottle.

5. **TRANSPORTATION/COMMUTE TO THE CENTER**
   a. Must be in a personal vehicle, with no travel through crowded airports, train or bus terminals in the 7-day period before arrival at the Center.
   b. Ride sharing can be with a household member, or with others who will be attending the same course. Rideshare partners may not be admitted to the Center if any one of them arrives with Covid or flu-like symptoms.
   c. Long-distance drives should be completed with minimal stops. Overnight stays should be in Covid-safe accommodations (no hostels or dorm arrangements). Please avoid dining at indoor restaurants. Practice masking, distancing and hand washing precautions as needed.
WHILE AT THE CENTER

6. MASKING AND SOCIAL DISTANCING
   a. All course participants follow masking and social distancing guidelines while at the Center wherever other people are present in-doors, with the exception of eating meals.
   b. Wear a mask that fits fully and securely over the mouth, nose, chin and cheeks. We also ask those with beards to consider shaving or trimming the beard closer to the face to achieve a good mask fit.
   c. Masks are worn in the Dhamma Hall for at least for the first several days of a ten-day course, and possibly throughout the rest of the course unless and until the conducting teacher determines that it is reasonably safe to reduce or eliminate mask requirements.
   d. Masks can be reused after airing out for a day, provided they are clean and in good condition. Do not wear the same mask for more than one day at a time.

WORK-PERIOD AND BETWEEN COURSE SERVERS

All Work-Period or Between-Course Servers must also be tested. Exceptions to some testing and self-quarantine requirements are allowed on a case-by-case basis depending on individual circumstances and conditions at the Center.

*** If you have any questions, please contact registration@mi.us.dhamma.org.***