

COVID-19 and General Wellness Policy
November 30, 2022

This policy has been developed to provide guidance on the COVID precautionary measures for in-person attendance at DZIMC sitting group meetings and retreats. Because our practice is based on lovingkindness (caring for ourselves and all beings) and ethical behavior, the goal of this policy is to provide a safe and comforting environment for our sitting groups and retreat attendees.

1. DZIMC will comply with the latest guidelines from the CDC and the State of Nevada. If there is a conflict between the CDC and Nevada requirements, DZIMC will follow the more restrictive requirements.
2. If you are sick (cold, cough, sore throat, runny nose, etc., or have had a fever, vomiting, or diarrhea in the past 24 hours) please do not attend a DZIMC in-person event.
3. All in-person attendees at DZIMC indoor meetings and retreats are strongly encouraged to be fully vaccinated and boosted. However, recent data shows that there is little difference in protection against viral transmission between unvaccinated adults and people who have been vaccinated. For this reason, we are not requiring attendees be vaccinated.
4. Masks are optional unless the CDC or Nevada guidelines change. We encourage mask wearing for people who are in an increased risk category.
5. DZIMC has developed a communication about compassion and caring for others as the basis for this policy. This will be sent out in the form of an email notice to the wider sangha and posted at events, whether they be sitting groups or retreats. Any changes in the policy will be communicated to the wider sangha.
6. Individual sitting groups may adopt a more restrictive policy (such as requiring masks and distancing) if they so choose.
7. For in-person residential retreats at Camp Galilee the following applies:
 - a. Attendees must sign-off that they are not sick (cold, cough, sore throat, runny nose, etc.) and have not had a fever, vomiting or diarrhea in the 24 hours prior to arrival.
 - b. Attendees must sign-off that they have not been exposed to COVID in the prior 5 days. If they have been exposed to COVID in the prior 10 days, but have tested negative after 5 days, they may attend provided they wear an N95 or KN95 mask for the duration of the retreat.
 - c. Attendees must take an Antigen (rapid) test within the 48 hours prior to arrival at Camp Galilee and provide a picture of the negative test result.
 - d. There will be rapid tests available at check-in if they are needed.
 - e. The exact requirements may be adjusted by the retreat committee and the retreat manager prior to the retreat.
 - f. If Camp Galilee and/or the Teacher have additional requirements, DZIMC will comply with those requirements.

Adopted by DZIMC Board Resolution on November 30, 2022