COVID-19 Special Instructions

Hello,

If you are about to begin a course, these are the current regulations in compliance with government prescribed Covid-19 social distancing and preventive measures.

The risks currently associated with Covid-19 require us to take specific measures to guarantee the health and peace of mind of everyone. Even if these measures seem excessive to you, we all react differently under the circumstances and it is important that everyone feels safe. After all, as an establishment open to the public, we have the responsibility to follow the authorities’ statutory recommendations.

Thank you for your understanding and cooperation.

Best regards,
Center Management

In practice:

- We are now obliged to require a valid 'Vaccination Pass' from everyone who comes to sit or serve. This must be up-to-date and presented on arrival at the course venue. Please see the information on the 'Health Pass' (government website).

Please arrive with your up-to-date documents (i.e. a valid QR code) between 14:30 and 16:00 on the day the course starts (day 0).

Applying the governmental directives implies a modified registration process; therefore, we ask you to arrive as soon as possible at the Centre so that the course can start smoothly.

TEST highly recommended:

In order to take as much precaution as possible, we also recommend that you perform a test (which will not be checked) within 24 hours before arrival at the Centre, this to ensure that you are indeed not infected with Covid.

- Wearing a mask is still compulsory inside.

From the moment you arrive until your departure, the mask is to be worn in confined spaces (meditation hall, dinning room).

Please bring:

- surgical masks in sufficient quantity for the duration of the course (about thirty masks for a 10-day course)

NB. Masks are provided for servers.
- a water bottle + a thermos
- a pen to enrol yourself upon arrival
**Health and Safety Protocol & Contact Cases:**

The Centre has a strict health protocol, including control of the health pass, wearing of masks, use of hydro-alcoholic gel, ventilation of enclosed spaces, etc.

We would like to inform you of the residual risks and the procedures in place to manage positive cases and contact cases.

If Covid is suspected, the person will have to leave the course.
If they test positive, then all of that person's contacts will have to be tested and possibly leave the course.

In the context of the Centre, a person will be a contact case:
- if he/she sleeps in the same room or dormitory as the person tested positive
- if he/she eats in the same room as the person tested positive

For information, all students and servants eat indoors again because of the cold weather. Meals are taken in two dining rooms for men and two dining rooms for women, in two shifts, in order to minimise the number of people together in one room without masks.

**NB.** It is possible to avoid the risk of being a contact case by eating all your meals outside.

*For those who have not been vaccinated:* *if you come by train or shuttle, we strongly encourage you to have someone ready to pick you up if you test positive during the course. You will have to leave the centre but will not be able to take the train.*

**VACCINATION PASS**

Please check regularly for information on the Vaccination Pass and the evidence accepted, as some of the details are subject to change.

Here are some useful links (in FRENCH):
> To convert a foreign document into a Vaccination Pass recognised in France: [vaccination-a-l-etranger](https://www.gouvernement.fr/le-pass-vaccinal-mode-d-emploi)

If you have any doubts about your eligibility, please contact your doctor or your ARS (Agence Régionale de Santé).
Please do not contact the Centre or the registrars, as we cannot be held responsible for giving personal answers to your questions.

If you are sure that you do not have the Vaccination Pass, then please cancel your participation as soon as possible, and no later than 2 weeks before the course starts.

About the Vaccine Pass, this is what it says on the Government website:

*The health pass has become the vaccination pass for people aged over 16.*

*The vaccination pass consists of the presentation, digitally or on paper, of proof of a complete vaccination schedule, a certificate of recovery less than six months old or a certificate of contraindication to vaccination.*
The "activity" health pass remains in force for minors aged 12 to 15.

What is the "vaccination pass"?

The "vaccination pass" consists of the presentation of one of these three proofs:

> certification of vaccination (complete vaccination schedule, including booster dose within the time limit for eligible persons from 18 years and 1 month);

> certificate of recovery of more than 11 days and less than six months;

> certificate of contraindication to vaccination.

A waiver allowing the use of a negative test certificate less than 24 hours old as part of the "vaccination pass" is possible until 15 February for people who have received their first dose of vaccine by then, pending their second dose.

Where is it required?

It replaces the "health pass" in places open to the public (except health and social establishments):

- bars and restaurants (except for collective catering, takeaway sales of prepared meals and professional road and rail catering)
- leisure activities (cinemas, museums, theatres, sports arenas, sports and entertainment venues, etc.);
- trade fairs, seminars and exhibitions;
- department stores and shopping centres (by decision of the prefect);
- interregional transport (planes, trains, buses).

Like the "health pass", the "vaccination pass" applies to the public as well as to people who work in places where it is compulsory.