



In Her Name we choose to honour and follow the protocols without exception and choose not to put others or myself in danger by not choosing to stay in my own sacred wisdom wheel and circle. In Her Name may it be so.

### **CORONA VIRUS PROTOCOLS DURING RETREAT**

- **Wash** hands frequently using soap and water or hand sanitizer.
  - Please bring your own hand sanitizer with 70-90% alcohol base
- **Avoid** touching your eyes, nose and mouth.
- **Cough** or sneeze into the bend of your arm.
- **Avoid** touching surfaces people touch often.
- **Wear** a face mask or face shield.
- **Use Social Distancing:**
  - Always stand or sit 2 meters apart
  - Always wear a face mask indoors
  - We will be gathering outdoors at 75% capacity and indoors at a 50% capacity
  - We have over 100 acres of property for your own personal time and as weather permits, will hold some of our teachings outdoors.
- **Bring and prepare** your own food:
  - You will be asked to keep all food in your cooler.
  - Please bring your own utensils, dishes, etc
  - We will provide bottled water. There will be outdoor water stations.
  - We have 2 outdoor kitchens, washing stations and 2 barbeques.
  - You are responsible for cleaning you own dishes, and to disinfect all surfaces, before, during and after your food preparation.
- **Smudging Sage** is encouraged as it can purify the air and [eliminate] up to 94 percent of harmful bacteria.



- **Individual Sleeping rooms** will be provided or bring your own tent and sleeping bag
  - Rooms will be assigned on a first come first serve basis
  - Bring your own bedding/sleeping bag
- **We will ask you to pre-screen for COVID before coming to the retreat centre.**
  - Please follow this link to pre-screen:
  - <https://covid-19.ontario.ca/self-assessment/severe-symptoms>
  - The above link will take you to the Ontario self assessment tool.
  - If you have a positive screening please contact us and go to a COVID testing center.
- **We will be following** the COVID-19 Government health regulations and guidelines. Your health and well-being are of utmost importance to us.

In Her Name may the love and light of creation bless us and our tribe and may we be safe on our earth walk with the Earth Mother and each other. So Be It.