

# DHAMMA PAKASA COVID INFORMATION AND REQUIREMENTS

Ver 08/22/2021

*It is our understanding that the Delta variant of the COVID-19 virus is highly transmissible even between vaccinated people. **If you have close contact with any unvaccinated child or immunocompromised person in your home, work, or anywhere else, we recommend that you do not come for a course at this time.***

**All of the following requirements will be necessary each time a student or server applies to come to the Center:**

## **SYMPTOM FREE**

All persons arriving at the Illinois Vipassana Center (Dhamma Pakasa) must be free of any Covid-related symptoms for at least two weeks and for the duration of their stay at the Center. Anyone who develops symptoms while at the Center, will be required to leave without undue delay.

## **VACCINATION AND TESTING**

1. **Fully Vaccinated:** ALL of the following people must be *fully vaccinated (including any CDC recommended booster shots that may apply to you)* upon your arrival at Dhamma Pakasa
  - a. Course students
  - b. Course servers
  - c. Assistant Teachers (ATs)
  - d. Long-Term Servers(LTSs)
  - e. Center Managers
2. **Proof of Vaccination:** All incoming course students, servers, staff, LTS, and ATs must email a photocopy of one of the following documents to [registration@pakasa.dhamma.org](mailto:registration@pakasa.dhamma.org) **at the time of application.**
  - a. Completed Covid-19 vaccination card (both sides), or
  - b. Covid Immunization record from your state's Immunization Registry, or
  - c. A signed and dated letter from your medical provider documenting completion of the full immunization process. The letter should be on the medical facility's official letterhead.
3. **Testing Requirements: Effective (date) ALL persons coming to the Center for a course MUST provide proof of the following Covid-19 test results:**
  - a. **PCR** ((Polymerase Chain Reaction): Provide to [registration@pakasa.dhamma.org](mailto:registration@pakasa.dhamma.org) proof of a negative PCR test taken 7-8 days prior to arrival at the Center.
  - b. **Rapid Antigen Test:** Present on arrival at the Center, proof of a negative Rapid Antigen Test taken within 48 hours of arrival at the Center. Documentation must include name, test date, testing location, and negative test result.
  - c. **To find a Covid-19 testing site near you** go to <https://coronavirus.illinois.gov/> (888) 539-8924
  - d. **In the Event of a Positive Covid Test:** Any student or server applicant, even if vaccinated, who tests positive for Covid-19 will not be allowed to come to the Center until they are completely non-symptomatic and have completed a quarantine period per the CDC's recommendations (See the CDC and Illinois state links below on quarantine). At that time, students may apply to attend another course or work period

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and will also be required to follow all of the above requirements before being allowed to come to the center.

***Admittance to the Center is dependent upon receipt of all required documents, as well as a completed AT review. A photocopy of official vaccination and testing documents must be sent to [registration@pakasa.dhamma.org](mailto:registration@pakasa.dhamma.org).***

## **SUMMARY OF REQUIRED DOCUMENTS**

1. **Email to [registration@pakasa.dhamma.org](mailto:registration@pakasa.dhamma.org)**
  - a. Vaccination Card (both sides)
  - b. PCR (Polymerase Chain Reaction) negative test results
  - c. Emergency Contact Person (name, phone number, relationship)
2. **Bring with you when you come to the Center:** Rapid Antigen Test negative results.

## **“SELF QUARANTINE” REQUIREMENTS**

Everyone is required to self-quarantine **for 14 days** immediately prior to coming to the Center. Self- quarantine means:

1. **Masking and Social Distancing:** Practicing CDC recommended procedures for wearing a mask and social distancing of at least 6 feet with anyone outside of your immediate household, **and** assuring that all members of your household are also maintaining the same degree of safe practices.
2. **Avoiding Risky Situations:** Such as public transportation, crowded indoor and outdoor areas, travel to high Covid incidence areas, and/or eating, drinking, exercising, working or socializing with others who are not practicing masking and distancing precautions, and assuring that all members of your household are also maintaining the same degree of safe practices.
3. **Transportation/Commute to the Center:**
  - a. **Private Vehicle:** We require all students and servers to travel to the Center via private transportation. You may come alone in a private vehicle, ride with a member of your immediate household.
  - b. **Travel Distance:** Driving time to the Center from your home may not exceed 6 - 8 hours, stopping only for gas, food and bathroom breaks. Please do not eat at indoor restaurants on the way to the Center, and practice masking, distancing and hand washing precautions as needed.

## **AT THE CENTER**

1. Anyone who arrives with or develops **symptoms** while at the Center, will be required to leave without undue delay (see “Emergency Plan for Leaving” below).
2. **Masking and Social Distancing While at the Center:** All students will have private accommodations and bathrooms. Everyone at the Center for a course must wear a suitable mask and maintain a distance of at least six 6 feet wherever other people are present, **indoors and outdoors.**
  - **Mask Requirements:** It is essential that everyone wear a mask that has been shown to be effective and that fits fully and securely over the mouth, nose, chin and cheeks. In this interest, we require masks with a minimum of 3 layers ie: disposable

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surgical style masks, cloth masks with disposable-insertable filters, N95, or KN95 masks, or wearing 2 masks to achieve 3 or more layers if desired (Please see CDC link below on appropriate mask types). Also, in order to create an appropriate fit, we advise those with beards and or mustaches to shave or trim closely to the face. Please be advised that if a student or server's mask choice does not meet the above requirements, we will provide disposable surgical style masks for use during the course.

- Items Necessary to Bring for Covid and Center Conditions** (other standard items to bring to a course are included with the acceptance letter). **Please bring sufficient face masks and other personal protective equipment for your own usage throughout the course including:**
  - personal toiletries
  - personal bed linens (2 sheets, pillow & pillowcase, blanket)
  - personal meditation cushions and shawls
  - personal bath linens (towel & washcloth)
  - personal reusable water bottle
- Special Dietary Accommodations:** Due to the extra demands on servers, at this time we are unable to accept anyone with special dietary requirements. Please let us know if additional foods are medically necessary.

### **IN CASE OF EMERGENCY**

- Emergency Plan for Leaving:** All students, servers, staff, and ATs are to have an emergency plan for leaving the Center should they develop Covid-like symptoms.
- Emergency Contact Information:** **Prior to your arrival at the Center** you must send to [registration@pakasa.dhamma.org](mailto:registration@pakasa.dhamma.org) your emergency contact information. Your emergency contact person is someone who is prepared to come to the Center within three hours to assist you should you need help leaving the Center. Be sure to include your contact person's name, phone number(s), and relationship to you.

**WORK-PERIOD AND BETWEEN COURSE SERVERS:** All Work-Period or Between-Course Servers should follow all the above vaccination, testing and self-quarantine procedures. Exceptions to some requirements may be allowed on a case-by-case basis for individuals who are providing ongoing between-course service depending on individual circumstances and conditions at the Center.

**COURSE CANCELLATION:** Courses may be cancelled at any time if risk levels warrant it.

**WHO TO ASK:** If you have any questions, please contact [registration@pakasa.dhamma.org](mailto:registration@pakasa.dhamma.org).

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## **REFERENCES:**

Illinois Department of Health information on Quarantine: <https://www.dph.illinois.gov/covid19/community-guidance/quarantine-guidance>

CDC information on quarantine and isolation:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

CDC Vaccination information on Pfizer, Moderna, and Janssen/Johnson & Johnson:  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>

CDC information on how to protect yourself and others from Covid-19: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Information on PCR Tests: <https://www.mayoclinic.org/tests-procedures/covid-19-diagnostic-test/about/pac-20488900>

Information on mask types and proper use of masks: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html>

Updated info on the Delta Variant and how it spreads: <https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html>