

Well Being Foundation COVID Policies

Revised March 1, 2023

We continue to examine our COVID protocols and follow CDC recommendations. We will continue to update our policies as more information becomes available and as the situation evolves. Our primary goal remains the safety and health of our guests and WBRC staff. As COVID cases and deaths have dropped, but continue to fluctuate in the U.S. and throughout the world and since further variants of the virus may emerge, Well Being Foundation (WBF) has updated the following Policies and Procedures to reduce (but not eliminate) the risk of contracting COVID while at Well Being Retreat Center.

What Is Known or Understood at this Time

Symptoms: COVID can exhibit different symptoms in different people, but may include respiratory symptoms, cough, shortness of breath and breathing difficulties, fever, lack of energy, diarrhea, and other flu-like symptoms.

Variability: People may also be contagious with no symptoms. The COVID vaccines appear to reduce the severity of symptoms but do not eliminate the possibility of contracting or transmitting the virus. It is not known how long you may be somewhat protected from more severe symptoms if you've previously had COVID (natural immunity) or if you have had COVID vaccinations and "boosters." This virus affects different people differently. Younger people appear to be less likely to develop symptoms, but may transmit the virus. People with underlying health issues like heart disease or diabetes are much more likely to suffer severe symptoms than people who have a stronger immune system. (Of course, the magnitude of the viral dose matters and even healthy young people can die from the virus.)

Most Common Route of Transmission: COVID appears to be an upper respiratory infection although it may also affect the blood and other tissues in the body.

Transmission is believed to require a human host. Therefore, the source is exhalation of the breath (especially loud talking, singing, or sighing), sneezing or coughing. All of these movements of air out of the lungs and throat and mouth carry moisture or even droplets that can carry the virus. With time, these droplets settle to the ground or are dissipated by air movement (and possibly sunlight) in outdoor spaces. Larger droplets (say from sneezing) are likely to carry a much higher viral load from an infected person than normal breathing.

Time of Exposure Matters: Virus-carrying droplets tend to linger in indoor spaces where air is confined and recirculated. This confinement affects duration of exposure. In other words, being in a room with an infected person for four hours is much more likely to result in viral transmission than being in the same room for four minutes with that same person.

Proximity matters: The closer you are to an infected person the higher the viral concentration in the air around such a person is likely to be. The commonly recommended six-foot distance is only an approximate guideline. The safety of that six-foot guideline depends on other factors such as whether the other person is indoors, facing you and coughing. Many have become infected at restaurants and family dinner parties due to long duration, proximity, and stagnant air accompanied by lots of talking.

Surfaces: Surfaces become a source of infection when exhalation droplets from an infected person land or when they are transferred to such surfaces within a relatively short time after leaving the body. In other words, if an infected person coughs or sneezes into their hand and then touches the doorknob, the doorknob is likely to retain viruses for a while. How long is not known, but it is known that the virus deteriorates over time. In other words, it will be much more infectious one hour after such contamination than it will be one day later, and even less so three days later. Surfaces can be disinfected by hand-wiping with a disinfectant such as a Clorox solution.

Hands: The general rule is to keep your hands away from your nose or mouth and wash your hands with soap after any potential contact. If you have to cough or sneeze, use a disposable tissue or, if necessary, cough or sneeze into your elbow if you are wearing a long sleeved shirt. Dispose of the tissue immediately and wash your hands with soap.

General Recommendation for the Public

The current (as of August 11, 2022) [CDC recommendations](#) acknowledges that COVID vaccines are effective against reducing the risk of severe illness but less effective at preventing contraction of the virus with mild or moderate symptoms. Consequently, CDC recommends that the same protocols apply to both vaccinated and unvaccinated people. CDC also states that “testing asymptomatic people without known exposures will no longer be recommended in most community settings.” They continue to recommend social distancing and consideration of indoor ventilation. For people exposed to COVID, CDC recommends wearing a

high-quality mask when around others for 5 days and then getting tested. Of course, if you test positive or have COVID-like symptoms, isolation continues to be recommended.

Other Prudent Precautions: [Dr. Deepak Chopra, M.D. recommends](#) prudent things you can do to improve your immunity that include getting 7-8 hours of sleep each night, reducing stress through lifestyle choices and meditation, eating nutritious food, spending time in Nature, doing breath work, including immune supportive foods in your diet, taking supplements that you believe to be of value.

Well Being Retreat Center Policies

1. **Exposure Prior to Retreat:** If you are scheduled to come on retreat at WBRC as a participant and (a) you have tested positive for COVID or (b) you have the symptoms of COVID but have not yet been tested, do yourself and others the favor of your absence. Let WBF know and we will refund whatever payment we have received from you immediately and in full. (This policy supersedes whatever non-refundable provisions you may have previously agreed to.) If you find yourself getting sick with flu-like symptoms while on retreat, please inform WBF staff immediately. We will prorate your accommodation costs. (Prorated reimbursement of the tuition portion of your registration will be up to you Group Leader for that event.)
2. **Personal Practices During Retreat:**
 - If you have to cough or sneeze, do so into a single use tissue, or, if necessary, into the crook of your arm (if you are wearing a long sleeve shirt). Do not cough or sneeze into your hand.
 - If you find yourself coughing during a session, please leave the session immediately and remain out of the room until the coughing has completely stopped.
 - Avoid touching your own mouth, eyes and nose.
 - Use Namaste, hands-over-your heart or other gesture to greet instead of shaking hands or hugging. If you do decide to hug, we suggest holding your breath.
 - Mark your own glass and mug and only drink out of your own.
 - Do not share food on your plate with others.
 - Remain at a respectful distance from others. Avoid long face-to-face conversations at close distances especially indoors.
 - Spend time outdoors rather than indoors with others as much as possible, weather permitting.

3. Meeting Facility Policies (as of November 1, 2022 and until further notice):

- The main Conference Building will again be available for meals and events. However, if the Group Leader for any event chooses to hold some or all of the events outdoors at the Powell River Pavilion, WBF will accommodate that choice.
- Any session involving heavy breath work, cathartic shouting, or mass singing shall be held outdoors.
- The CDC states: “When used properly, air cleaners and HVAC filters can help reduce airborne contaminants including viruses in a building or small space. By itself, air cleaning or filtration is not enough to protect people from COVID-19. When used along with other best practices recommended by CDC and other public health agencies, including social distancing and mask wearing, filtration can be part of a plan to reduce the potential for airborne transmission of COVID-19 indoors.” When events are held indoors at the main Conference Building, WBF will use appropriately sized HEPA air filters in the Meeting and Dining Rooms.
- If an event is held partially or entirely indoors, meals will be served in the Conference Building. If the event is held entirely at the Powell River Pavilion, meals will be served there.
- The Library will be available for all events for individual yoga or relation, small break-out groups, or private counseling.

4. General Staff Policies for Kitchen

- Wash hands upon entering the kitchen, after using the bathroom, after handling garbage containers, and after you have handled any uncooked meat.
- Use latex gloves when preparing or serving food that will be not be served hot.
- Use disinfectant spray on all kitchen counters after each meal.
- Soak all dishes in the soak sink (after being washed and rinsed) at least 30 seconds with a dropperful of Clorox in the soak sink.
- Serve food to retreat participants so that participants don’t have to successively handle the serving utensils.
- Kitchen staff will not be allowed to work in the kitchen if they have flu-like symptoms.
- Retreat participants will be asked to do Yogi Chores in the kitchen if meals are served in the Conference Building.

5. Cabin Policies:

- **Resting Cabins:** WBF will leave cabins vacant for at least two days between occupancies.
- **Ozone Disinfection:** If a cabin cannot be rested for two days, WBF will sanitize the cabins using ozone generators to maintain an ozone concentration of between 2.5 and 5 parts per million (ppm) of ozone for a minimum of 2 hours. This concentration for this duration has been determined by the US Army (see Technical Bulletin TIP # 98-105-0420) to disinfect buildings even if they were previously occupied by COVID positive patients. After the two hours of ozone treatment, the ozone generator will turn off automatically and the cabin will remain closed for at least eight hours while the ozone dissipates naturally to safe levels. (The cabin must be kept vacant during this ozone treatment). The cabin will then be available to be cleaned as usual.
- **Cleaning:** All counters, sinks, door handles, light switches, tabletops, and faucets will be hand-cleaned with a disinfecting chlorine solution.
- **Linens:** All linens and towels will be washed and dried in a dryer at a sufficient temperature to kill bacteria and viruses.
- **Health of Housekeeping Staff:** Housekeeping staff will not be allowed to enter or clean cabins if they have cold or flu-like symptoms.

6. WBF Staff Policies Regarding COVID Illness

- If any WBF kitchen or housekeeping staff been exposed to someone having COVID within the last five (5) days, they shall inform Patty immediately and may not return to work for five (5) days after exposure and only after a negative COVID test performed on day 5 or after.
- If any WBF kitchen or housekeeping staff contracts COVID, they shall inform Patty or Edit immediately. Return to work will follow CDC guidelines. Specifically:
 - **Ending Isolation**
 - End isolation based on how serious your COVID symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

- **If you had no symptoms**
- You may end isolation after 5 days.

- **If you had mild symptoms and your symptoms are improving**
- You may end isolation after 5 days if you are fever free for 24 hours (without the use of fever reducers)

- **If your symptoms are not improving after 5 days:**
- Continue isolation until you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

- **If you had symptoms and had:**
- Moderate illness (you experienced shortness of breath or had difficulty breathing), you need to isolate through day 10.

- **If you had symptoms and had:**
- Severe illness (you were hospitalized) or have a weakened immune system
- You need to isolate through day at least day 10, no fevers for 48 hours and subsidence of symptoms

7. Policies with Respect to Vaccinations and Personal Responsibility:

- WBF anticipates that some people present at events will be vaccinated and some will not. CDC currently has the same recommendations for both vaccinated and unvaccinated people. The US Center for Disease Control (CDC) states that “COVID-19 continues to circulate globally, however, with so many tools available to us for reducing COVID-19 severity, there is significantly less risk of severe illness, hospitalization and death compared to earlier in the pandemic.” Following this assessment by the CDC, WBF has relaxed some of its earlier precautions, such as holding all events outdoors.
- Guests and retreat participants are expected to take personal responsibility with regard to COVID risk. Based on your own assessment of the efficacy of the policies specified in this document, make your own decision whether or not to attend an event at Well Being Retreat Center. By attending an event at Well Being Retreat

Center, you agree to hold WBF, its Directors, staff, contractors, and volunteers harmless from any eventualities related to COVID and/or its variants.