

Information for Meditators

Meditation classes and report sessions are currently permitted and are covered by the 'rule of 6' exemption for places of worship, provided that procedures outlined in this 'Information for Meditators' are adhered to.

Before a class or meeting, you must **NOT** attend:-

- If you have any symptoms of coronavirus (a high temperature, a new continuous cough, or a loss of, or change to your normal sense of taste or smell).
- If you are self-isolating due to a possible or confirmed case of COVID-19 in the household, or because you have been requested to do so by NHS Test and Trace.

NHS COVID-19 app - The Quaker Meeting House have an official QR code at the entrance. The app is designed to help trace and stop the spread of coronavirus. More information can be found at <https://www.covid19.nhs.uk/pdf/introducing-the-app.pdf>

We will ask if you will consent to providing contact details (name and telephone number), which would be kept by the teacher and only shared with NHS Test and Trace, in the event that it is needed to help stop the spread of coronavirus. We will keep these details safely and in compliance with GDPR legislation. If you are a new meditator, we will keep your contact details for 21 days before securely disposing of them.

- It is important not enter the building before 7.25p.m. This will enable the facilities to be prepared appropriately.
- You must wear a face mask at all times, whilst inside the building and during the meditation practice. Please note you will not be permitted to enter the building without wearing a suitable mask.
- Please keep 2 metres apart from each other.
- Ventilation - rooms will be ventilated during classes and so please dress appropriately with extra warm clothes and/or bring a blanket.

- As you enter the building in the entrance hall there will be a table where you will find hand sanitizer, which you should use on entry and exit.
- Shoes can be removed and left in the entrance hall.
- Please do not socialise in the entrance hall go straight to the main hall which will be situated on the right handside of the hallway as you enter the building.
- In the main hall you will find chairs at 2m distancing – please do not move them from the allocated spaces. There are also two long benches along the walls for additional seating adhering to the 2 metre rule.
- The floors are hard timber so you may want to bring a yoga mat, or blanket to help your attain a comfortable position.
- There will be no cushions provided if you choose to sit on the floor. Please bring your own with you, it maybe preferable to also cover your cushion with a washable cover.
- There will be no kitchen facility, so please bring a liquid refreshment with you if desired.
- There are toilet facilities in the building opposite the main hall.
- Once the practice has finished, the room and chairs need to be cleaned by the teachers. We ask that you leave in a timely manner and not to socialise.

NHS Test and Trace - if you were to show symptoms of Covid-19 during or after a class at the Quaker Meeting House, we would ask that that you go home and adhere to the latest guidance of the NHS guidance as well as keeping your meditation teacher informed. Current guidance is to self-isolate along with anyone in your household and book a swab test locally at <https://www.nhs.uk/ask-for-a-coronavirus-test>. You may be contacted by the NHS Test and Trace programme if another meditator tested positive.

If you would like to attend a meditation class and if you have not already done so, please confirm by email to :helen.brennan1@ntlworld.com that you have understood both the measures put in place and how classes will operate and that you will follow the safety requirements.

