

Dharma Field COVID 19 Protocol Plan- Revised 9/24/2021

If exposed to COVID

Those who have been fully vaccinated but with no COVID-like symptoms are asked to monitor their health for the next 10 days. But they are not required to stay away from Dharma Field—the CDC has determined that they are unlikely to have been infected.

Those who have been fully vaccinated and exhibit COVID-like symptoms should not visit Dharma Field until it is certain they have not been infected or that they have recovered from the infection.

Those who have not been fully vaccinated and are with or without COVID-like symptoms should not visit Dharma Field until they have been vaccinated.

If exhibiting COVID-like symptoms

Whether or not one is fully vaccinated, if one is exhibiting COVID-like symptoms, we ask that person not visit Dharma Field until it is certain either that the person has not been infected or has recovered from the infection.

If vaccinated and tested positive for COVID 19 within one week of visiting Dharma Field

There may be times in which breakthrough infections occur and a vaccinated individual who has visited Dharma Field tests positive for COVID 19 after their visit. We request that if someone has visited Dharma Field within one week of testing positive for COVID 19, they confidentially notify the business office either by email or phone to report when their visit occurred so the community may take appropriate prevention actions and alert other members.

Signage

Signs will be posted in appropriate places at Dharma Field to remind visitors of ways to help prevent the spread of COVID.

Masks

Dharma Field requires that all vaccinated visitors wear masks while in the building.

Free masks will be available at entrances.

Hand sanitizer

Hand sanitizer will be available at entrances.

Hand washing

Signs in the restroom and kitchen will remind visitors to wash their hands with warm, soapy water for at least 20 seconds.

Zendo setup

The number of cushions and chairs in the zendo will be slightly reduced so more distance can be maintained between them.

Overflow seating will be set up in the classroom until it is no longer needed.

Ventilation

The ceiling fan will be turned on and windows opened for all gatherings in the zendo as the temperature allows. Visitors will be advised to bring warmer clothing should they find the zendo too cold. The ceiling fan will be turned off when the weather becomes too cold.

Sitting schedule

M-F mornings: 6:00 zazen; 6:35 kinhin; 6:45 zazen

Sunday mornings: 8:00 zazen; 8:30 kinhin; 8:40 zazen; 9:10 break; 9:30 zazen

M-W evenings: 7:00 zazen

Friday evenings: 7:00 zazen; 7:35 kinhin; 7:45 zazen

Classes

Tuesday evenings: 7:45-8:45 (hybrid*)

(Monday evening classes will resume, 7:45-8:45, beginning Sep 13.) (hybrid*)

Study Groups

Wednesday evening, hybrid* (beginning Sep 8): 7:45-8:45

Thursday morning, hybrid* (beginning Jul 29): 7:30-8:30

Public Talks

Sunday mornings, hybrid*: 10:00-11:00

Monday evenings, hybrid* (starting Jul 26 and ending Aug 9): 7:45-8:45

Sesshins

No sesshins through the end of 2021; we might begin offering them again beginning Feb 2022.

Extended zazen

Extended zazen will begin being offered occasionally in the fall of 2021.

Food

Currently, we will not be sharing food at Dharma Field until we have a clearer idea of the safest ways to do so.

*Hybrid = offered simultaneously in-person and on-line