

## FSS Covid Safety Policies – In-Person Two-Day Workshops

**FOR STUDENTS.** Please read the following Covid-19 safety protocols carefully to make sure you can meet them. This document includes a summary of the protocols based on the latest U.S. CDC guidance on risks and behaviors. The summary is followed by more detail and links to additional information. The FSS policies are intended to keep people attending our workshops as safe as we can, while still going forward with our work. *Note: The FSS reserves the right to adjust these Covid policies as necessary, adding, changing, or removing requirements, for the safety of participants and effective teaching of its in-person workshops.*

**FSS VACCINATION POLICY:** Participants and faculty are required to be [fully vaccinated](#) to attend FSS in-person two-day workshops in 2022. A booster, while not required for the two-day workshops, is highly recommended. *Note: FSS faculty are independent contractors and some may require a booster for attendance at their workshops.* The FSS vaccination/booster policy will be reviewed as the Covid situation changes. [Waiver/proof of vaccination required](#) during the registration process.

**ESSENTIALS FOR THE MEETING** (See Section A for details and links)

1. Required to bring: Covid masks, at least one for each day of the training, or a high-quality reusable mask. (See A4).
2. Recommended, if non-local/traveling from a distance: Bring at least 3 rapid (home) Covid tests with you. (See A5)
3. Recommended: A “Mindfold” or other eye mask that blocks all light, yet permits eyes to be kept open. (See A6)
4. If traveling from a distance, have a plan: If you become symptomatic or test positive, you will need to leave the workshop. Consider hotels and accommodations if you need to isolate/quarantine. (See A8)

### A. PREPARING FOR THE MEETING

Here is what you will need and what to do before the meeting. For the safety of group members, please follow all recommendations responsibly.

1. Get [vaccinated](#). (Booster highly recommended but not required, unless faculty member requires it for their workshops.)
2. Check the [CDC Covid website](#) regarding Covid safety and risks, as detailed in Section D below.
3. Check Section B, travel links ([domestic](#) and [international](#)), and follow the recommendations. Out of respect for all participants, **please wear a mask** and take extra precautions to avoid infection while traveling.
4. Bring a Covid mask for each day of the training, or a high-quality reusable mask. Depending on risk levels and the instructor’s risk assessment, the instructor **may or may not require students** to wear a mask during the sessions. In any case, if you wish to wear a mask at any time, you may do so. [Mask recommendations](#); [role of face masks](#); [when to wear a mask](#); [disposable masks](#); [reusable masks](#).
5. Recommended if non-local/traveling from a distance: Bring at least 3 rapid Covid tests with you, in case you need to test yourself. [About home test results](#).
6. Recommended: Please bring a “[Mindfold](#)” with you – this special eye covering will permit us to do practices requiring a dark environment – where all light is blocked, yet eyes can remain open underneath the mask – while still maintaining adequate ventilation. Available via [FSS](#), [Amazon](#), and other retailers.
7. Suggested: Hand sanitizer and/or sanitizing wipes.

8. Have a plan should you need to [isolate/quarantine](#) during or after the session. If you become symptomatic or test positive, you will have to leave the workshop. If you don't live locally, consider nearby hotels.

## **B. TRAVELING TO THE TRAINING**

1. **Before you travel**, if you have [symptoms of Covid](#) or know you have been exposed to someone with Covid, please get a PCR test. For [home tests](#), test yourself at least 3 times, 24 hours apart. Follow the CDC requirements for isolation/quarantine. (See Section D.) **Let the instructor know** your situation **before** traveling to the training.
2. Take extra precautions when traveling, including wearing a well-fitting mask in public places and on public transportation. [Effectiveness of masks on planes](#).

### **Travel Links (traveling from a distance)**

- International travel to USA: [travel.state.gov](http://travel.state.gov)
- International travel USA to home country: Check your country's requirements for re-entry after visiting the USA
- [Public Health Agency of Canada](#) (Covid-19) (sections include Vaccines and Travel)
- Requirements when [TRAVELING TO THE TRAINING](#):
  - [Domestic Travel \(CDC\) recommendations](#)
  - [International Travel \(CDC\) recommendations](#)
- [Covid-19 symptoms/self-checker](#)

## **C. COVID SAFETY POLICIES AT THE TRAINING**

**PLEASE NOTE:** There are no precautions that can be taken that will *guarantee* that you will not get infected. Please carefully consider the risk factors in Section D and the safety policies in this section.

Personal responsibility, group harmony, and caring for each other is an essential part of our work. We ask for your patience and cooperation with these requirements, which will be followed for the safety of all participants.

The facility and instructors will observe necessary protocols regarding increased ventilation in the meeting room, as well as adjusting the exercises and practices in the training for Covid safety. While we may have to maintain some physical distance, we can still fully connect with each other through mind, heart, and soul. Regardless of these protocols, the transformative nature and the power of the practices remain unchanged. The spirits are drawn toward group harmony, kindness, desire for growth, and goodwill.

**Requirements** (may be adjusted as necessary by the FSS instructor):

1. When you arrive at the workshop, please stay masked during check in and until the workshop starts. The instructor will provide additional guidance on mask wearing and other protocols at the beginning of the workshop.
2. Protocols may include:
  - a. Wearing a mask in the workshop
  - b. Maintaining some distance from other participants
  - c. Wearing a mask to meals
  - d. Wearing a mask when gathering with others outside the workshop, particularly indoors
3. The instructor will provide instructions during the training about recommended Covid-safe methods for the exercises themselves.

4. Please monitor yourself for [symptoms of Covid](#). If you develop symptoms, please notify the FSS instructor or assistant immediately.\*

**\*After the training:** Please email your faculty instructor if you develop Covid soon after the session. It would also be useful to know the severity of the infection, but only if you are comfortable sharing it. The information will be helpful in assessing safety protocols for future programs.

#### **D. CDC COVID GUIDELINES**

The FSS will follow CDC guidelines for faculty and participants—which are a balance between getting on with our lives and staying healthy.

Visit the [CDC Community Levels](#) page:

1. Look at risk factors in your location. There is a tool to look up Covid-19 levels in the county in which the workshop is held.
2. Then, referencing the community level of infection, look at the chart showing the recommended guidelines, depending upon community levels and individual risk factors.
  - a. Vaccination (and boosters) recommended at all community levels of Covid-19.
  - b. Maintain improved ventilation throughout indoor spaces when possible.
  - c. Follow CDC recommendations for [isolation and quarantine](#), if you are exposed to COVID-19 or have [symptoms of Covid](#).
  - d. If you are at high risk or immunocompromised, consider whether you should postpone in-person attendance. Have a plan for rapid testing should symptoms appear.
    - i. Talk to your healthcare provider about whether you are a candidate for treatments like oral antivirals, PrEP, and monoclonal antibodies.
  - e. Additional recommendations, such as when masks should be worn and staying up-to-date with boosters, are also covered.

#### **E. ADDITIONAL USEFUL INFORMATION**

1. [Vaccination, stay up to date](#).
  - a. CDC, [boosters, chart on type](#) to get
  - b. Covid [myths and facts](#)
  - c. COVID-19 [Incidence and Death Rates Among Unvaccinated and Fully Vaccinated Adults with and Without Booster](#) Doses During Periods of Delta and Omicron Variant Emergence — 25 U.S. Jurisdictions, April 4–December 25, 2021
  - d. Simple [comparison chart](#) of deaths among vaccinated, boosted, unvaccinated, immunocompromised (California example)
2. It is not possible to say at this time what Covid protocols the FSS will require for future in-person workshops. It depends upon the Covid risk in the area where the workshop is held. The FSS will follow current CDC and other effective protocols for the good of all participants in the training, as well as protecting loved ones and communities when we return home.