

TASSAJARA 106th PRACTICE PERIOD

COVID PROTOCOLS

We're excited to have you join us at Tassajara for the 106th winter practice period. To respond to the challenges posed by COVID, we are taking a number of measures intended to insulate Tassajara from the virus and to support traditional practice here within a cohort model (or social bubble). These measures have been developed with the guidance of other Buddhist communities, as well as local, state and national specialists. While these measures have been soundly researched and are based on expert advice, they provide only as much protection as each individual's ability to follow them. Now more than ever we need to recognize our interdependence as our collective safety depends on each individual's care, honesty and integrity.

A cohort model of practice utilizes Tassajara's remote location to support us in being in normal contact with each other - without masks and social distancing. If the virus is introduced into the valley in these conditions, it has the potential to spread rapidly. For this reason, we must take extreme caution with how we bring people into the valley and in all interactions individuals have with the 'outside world'.

We recognize that the below measures are a lot to ask. We are requesting each incoming student to carefully read the following requirements for entry and take very seriously the need to follow them. Please also consider the risks inherent in practicing as a cohort this winter and whether this feels right for you at this time. If you have any questions or if any aspects of these protocols are unclear or not workable with your personal situation, please contact the director, Goyo (zmcdirector@sfzc.org) or director assist, Krista (zmcdirectorassist@sfzc.org) to discuss this in more detail.

1. FLU VACCINE

All incoming students are required to have a recent flu vaccine. Due to common temporary side effects of the flu vaccine, please make sure you have gotten a flu shot a minimum of 1 week prior to arrival at Tassajara to support symptom monitoring while in quarantine. Flu shots are available at most Walgreen pharmacies. If you need assistance obtaining a flu shot, please contact zmcdirectorassist@sfzc.org.

2. TWO WEEK(S) PRIOR TO ENTRY: 14-DAY LIMITED EXPOSURE

For two weeks prior to arrival at Tassajara we ask that you limit your exposure as much as possible to people and public places outside your home.

- Wear a mask and practice strict social distancing outside the home
- Limit to all extent possible public transportation and airline travel
- Avoid group gatherings, events or parties
- Limit trips to shops or grocery stores and have essential items delivered where possible
- Practice hand hygiene - washing hands regularly with soap and water for 20 seconds
- Practice symptom monitoring - watch for a fever (>100.4°F), cough, shortness of breath, or [other symptoms of COVID-19](#)

3. ONE+ WEEK(S) PRIOR TO ENTRY: ORDER A COVID TEST KIT FOR TASSAJARA

All incoming students will be required to get a PCR test prior to entry AND to order a COVID test kit for use on day 7 of quarantine at Tassajara. Pixel test kits by LabCorp are free with insurance and Federal funding and are simple to order. Please follow the instructions below:

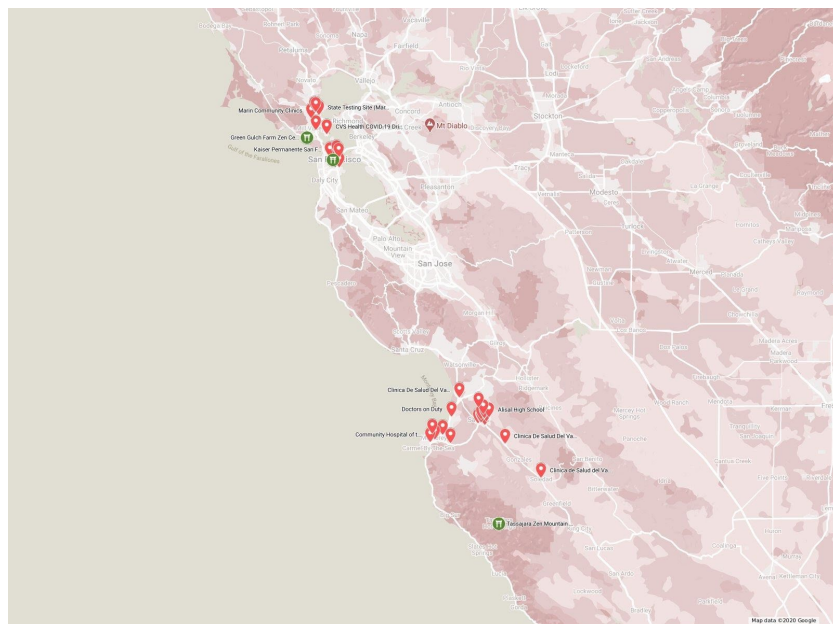
- I. Go to <https://www.pixel.labcorp.com/covid-19> and click “Order Kit”
- II. Answer the short survey (you do not need to have current symptoms)
- III. Indicate “congregate living” on the page assessing risk factors
- IV. Select “use insurance or Federal funding to obtain a FREE kit”
- V. Provide your personal and insurance information (if you have insurance)
- VI. List Tassajara as the postal address: 39171 Tassajara Road, Carmel Valley, CA 93924
- VII. Create a password that you will remember - you will need to verify your email and access your account from Tassajara during quarantine to obtain your results.
- VIII. Your test kit will arrive at Tassajara and we will hold it for you to use during quarantine.

4. SEVERAL DAYS PRIOR TO ENTRY: ZOOM COMMUNITY MEETING

Students will participate in a group zoom call with Ryushin Paul Haller and practice committee prior to arrival (date TBD). The meeting will cover planning for the solo retreat, a shingi/protocol review and provides an opportunity for Q&A prior to entering the valley.

5. SEVERAL DAYS PRIOR TO ENTRY: COMPLETE A LOCAL PCR COVID TEST

Complete a COVID test with enough time before entry that you’re able to receive your results before arriving. The gold standard, PCR tests, typically take 2-4 days for processing. You may need to book a test in advance. Right now, there are many options for free COVID testing in the Bay Area. See our map (currently in progress) [here](#) or click on the map below. [COVID19.ca.gov](https://covid19.ca.gov) is another great site that can help with finding local testing locations. Please plan ahead and email your test results to zmcdirectorassist@sfzc.org prior to entering the valley. You can also email for support in finding a testing location.



5. ON ARRIVAL: 14-DAY QUARANTINE RETREAT

Before transitioning to traditional communal living in the valley (as a cohort or single family household), all incoming students will be required to complete a 2 week solo quarantine retreat in a private cabin. Unlike the typical 5 day tangaryo in the zendo, this 2 week retreat will allow for more self-directed practice. There will also be support from leadership in the form of check-ins and study materials. All new and returning students will need to complete the 2 week quarantine retreat. After this time, if there are no indicators of COVID symptoms in the valley, students will be integrated into a traditional shared monastic schedule.

Guidelines for the quarantine retreat are provided below (these are subject to change):

1. Students observe silence for the duration of the retreat and communicate any needs via a message board outside the staff office. No interaction with other students is permitted during the duration of the quarantine/retreat.
2. Students are supported to follow the zazen schedule from their own cabin
3. Students are permitted to occasionally go on solo walks but must strictly adhere to wearing masks and social distancing when outside their cabins.
4. Students are allocated isolated daily private bathing slots
5. Students will pick up their own food one at a time in the outdoor student eating area and will eat in silence alone or in their cabins.
6. Students are not permitted to enter any indoor communal spaces (with the exception of the bathhouse) and are asked to use their private restrooms rather than public restrooms for the duration of the retreat
7. Kitchen crew and work involving food or shared spaces is limited to residents who have previously completed a 2-week quarantine at Tassajara. These residents also observe silence and functional speech, participate in social distancing and wear masks when outside their cabins.
8. All residents including previously quarantined residents, follow mask/social distancing guidelines for the duration of the 2 week group quarantine.
9. Students will be asked to conduct daily temperature checks and to monitor for any potential symptoms. Please bring your own thermometer for use in quarantine.