

# City Center Health and Safety Protocols For Overnight Events & Sesshins

## COVID-19 Safety Requirements

- Participants are required to be vaccinated and have at least one booster shot, if eligible.
- Participants must wear an N95 or KN95 mask at all times while in the temple.\*
- All meals while onsite must be eaten outdoors in the courtyard or in one's private room, rather than in the dining room or other indoor spaces.
- Participants must sleep onsite rather than return home in the evenings.
- Participants are required to cancel their attendance
  - if they have cold or flu symptom
  - if they have been in close contact with anyone COVID positive in the last 14 days.
  - if they tested positive for COVID within the last 10 days. To return to the temple after a positive COVID infection, it must be at least 10 days since testing positive and the visitor must have a negative antigen test.

## Safety Preparations Prior to Arrival:

- As part of the registration process, participants are required to fill out this [COVID-19 Safety Questionnaire](#).
- Participants must report:
  - a negative PCR test within 72 hours of arrival
  - a negative rapid antigen test taken at home on arrival day
    - Note that participants will be asked to take an additional rapid test on day 3 and day 5 of sesshin
    - Test results should be sent to Ellen Simpson, the temple coordinator at [ellen.simpson@sfzc.org](mailto:ellen.simpson@sfzc.org)

*\*Note that a limited number of Zen Center residents will be unmasked in the temple during your visit. This small population of students has been engaging in low-risk activities prior to your arrival that dramatically reduce COVID transmission risks. In consultation with a team of medical doctors, it has been determined that this does not pose a significant threat to the visiting public.*