

## 2023 Health and Safety Requirements for Sesshin Participants at Green Gulch Farm Zen Center

Dear Dharma Friends,

Green Gulch Farm is committed to the Health and Safety of its residents. Be aware that Green Gulch Farm is a congregate living facility which includes high risk individuals. Our health and safety guidelines may in some points therefore be more restrictive than City or State mandates. Please respect and follow these requirements completely.

Please **be mindful of your activity in the 10 days before arrival at Green Gulch Farm.** Your carefulness benefits the safety of your Dharma friends that are sharing with you this intimate retreat space.

**If at any time during the 10 days prior to arrival you had direct contact with a known Covid carrier, or have any Covid or flu-related symptoms, please inform the director before your arrival.**

Green Gulch Farm requires all residents and program participants to **provide proof of vaccination** and **strongly encourages receiving the latest bivalent booster shot.** If you have not done so yet, please **fill out the covid form** on our website: [SFZC covid form](#)

Participants need to **present a negative PCR Covid Test before or upon arrival.** The test needs to be **taken within 24hours!!** before arrival. To make sure you have the test results upon arrival please **schedule a rapid PCR test or purchase a Lucira** test (a PCR-like at home test; see [Lucira link](#)). We will accept Lucira tests as PCR tests and will make them available to purchase at GGF for \$30 upon arrival (let us know before)—or you can buy one yourself and test upon arrival at GGF or shortly before. **Until a valid PCR / Lucira test result is presented you are required to wear a (K)N95 mask in all indoor spaces at GGF.**

**After fulfilling the above testing requirements, you will not be required to wear a mask at GGF in any facility including the dining room and zendo.** Please be respectful and supportive of others who may want to follow a higher safety standard protecting themselves and or others.

In addition to the PCR test **we will also ask you to do a Rapid Antigen Test on Day 3 after arrival.** Please **bring at least 3 of your own Rapid tests** (the 2 additional to be used in case of symptoms or contact during the Intensive). You will be able to purchase additional Rapid Antigen tests for \$10 each at GGF.

**If at any time your test results are positive or you show Covid or flu-related symptoms, please avoid any contact with others, wear a (K)N95 mask, and inform the director and director's assistant immediately** (by text or phone at 415-706-4740 or via email). Be prepared to be asked to leave to protect the community in case of illness.

Note that sesshin participants are **requested to stay within the watershed of Green Gulch Farm during their stay.**