

Tassajara Covid Safety Requests for Practice Period

The intention of these requests is to help us to dive into Zen community practice together in good health, after a journey to a remote, intimate setting between the steep mountainsides of Tassajara valley.

Please test before arrival to Tassajara, and prior to carpooling. Testing options:

- Perform two Rapid Antigen Tests, **or**
- order a Lucira or PCR home test in advance of your departure date. Lucira is a highly accurate PCR-like at-home test which provides results in 30 minutes. Please note that both Lucira and PCR tests can give a false positive if performed within three months of Covid infection; **or**
- a laboratory rapid PCR test (within 48 hours of arrival)

Additionally:

- Please maintain updated vaccinations with Covid boosters.
- If you have any Covid- or flu-related symptoms before arrival to Tassajara, please inform the Reservations Office as soon as possible by phone 415-865-1899 or email centralrez@sfzc.org.

While at Tassajara:

- Please perform a Rapid Antigen Test on Day 3 after arrival (Thursday evening for those who arrive on Tuesday). Please bring at least three of your own Rapid Antigen tests (to be used for new onset of symptoms or close contact during your stay).
- **Visit this page** for more information about obtaining free tests.
- Please let us know right away if you receive a positive test result.
- We do not require masks at Tassajara, except in the case of symptoms or a Covid exposure.

PLEASE NOTE that while a rapid PCR lab test is a testing option, we ask that the test is performed within 48 hours of arrival, and results received prior to arrival.

Illness policy:

If new symptoms present while at Tassajara, please perform a Covid test, wear an N95 mask when indoors with others, and eat outside or in their room. If the student is here with one or more others (i.e. spouse, friend they're sharing a room with), those people will follow the same protocol as the symptomatic person.

If a student tests positive, we will make a decision with them whether it is best for them to depart the valley and convalesce elsewhere; or best for us to support their quarantine to the best of our ability.

Anyone else who had **close contact** with the person who tested positive will be asked to mask indoors, eat outside or in their room, and take antigen tests on day 3 and day 5.

These guidelines are subject to change and could include other safety requests.