

Samish Island Sesshin Summer 2022

Covid 19 Guest Guidelines

as of May 30, 2022

The RCZC Health Advisory Committee has updated its Covid 19 Guidelines, effective 5/31/2022, referencing the CDC website, the Washington Department of Health Website, conversations with the Skagit County Health Department and the administration of the Samish Island Camp and Retreat Center. Due to frequently changing recommendations, we include the website URLs for you to read the full text documents. A brief summary follows:

The RCZC Health Advisory Committee recommends the following guidelines to ensure safety as best we can during our long-anticipated Summer 2022 sesshin.

One major change from previous years is that **the camp will not accommodate drop-in guests for dharma talks this year**. All participants on camp grounds need to be double tested for Covid. Zoom will be available for dharma talks but not for dokusan. We hope to be back to our usual practices next year, welcoming guests for dharma talks if they cannot attend the sesshin.

For those attending sesshin in person:

Before arriving at Samish Island Camp and Retreat Center

Submit vaccine record to registrar

- Complete a Covid vaccine series at least two weeks before arrival at Samish Island. A completed series includes at least one booster.
- Please submit a copy of your Covid vaccine record that includes a completed series and at least one booster to the registrar at registrar@redcedarzen.org, by June 6, if possible. Documentation will be accepted electronically until June 12 if necessary. After June 12, please bring your vaccination record. We cannot accommodate overnight stay of anyone who has not provided documentation of vaccination.
- Stay home if you have any Covid symptoms, even if your home test is negative. <https://doh.wa.gov/emergencies/covid-19/isolation-and-quarantine-covid-19>

Required testing

- Two days before you arrive at Samish, perform a home rapid Covid test or get a lab-administered test. We will accept lab-issued test results, or trust your word if you self administered the test.

- You will test again on arrival at Samish Island using self-administered rapid tests supplied by the Skagit County Health Department. Your self-administered test will be observed and documented by a RCZC volunteer. Volunteers MAY NOT administer the test.
- Any positive test will be reported to the Skagit County Health Department and you will need to leave sesshin.

If you are arriving via public transportation or carpooling

- Please mask while traveling.
- Public Transportation is considered an exposure so you will need to re-test on day five. **Please bring an extra self-test kit.**

On arrival at Samish Island Camp and Retreat Center:

1. N95, KF94, or KN95 masks are required indoors except when eating in the dining hall and sleeping. Please carry a mask with you. There will be a small supply of masks available but please bring your own.
2. Sign in with the retreat registrar
3. Proceed to test table for your on-site rapid covid test (free) and vaccine confirmation
4. Settle into your accommodation and return to record accommodation location with the registrar (E-cabins are pre-assigned).

Exposure while at sesshin

- If you develop symptoms of Covid or test positive while at sesshin, you will have to isolate immediately and leave Samish as soon as possible. Heigaku Talus Latona, the retreat manager, will assist those from out of town to find transportation, accommodations at your expense, and links to Skagit County Health Department resources until you can return home.
- It is a good idea to have contact information for your physician and copies of your prescriptions in case you are in this situation. We are sorry for this, but the camp will not be able to support anyone to isolate on site.
- If you are EXPOSED while at sesshin and are ASYMPTOMATIC, and are FULLY VACCINATED, you DO NOT NEED to quarantine. You DO NEED to mask-up around others, eat meals separately, and attend sesshin from the choir loft. You will self-administer a rapid Covid test (that will be provided) at least 5 days after the last known exposure, and then, based on your test result, follow Washington State Department of Health/CDC Guidelines at <https://doh.wa.gov/emergencies/covid-19/isolation-and-quarantine-covid-1>

When in Zendo

- Maintain social distance as directed when sitting, listening to dharma talks, walking, in restrooms, dining hall, lodging and anywhere we tend to cluster. The Ino or retreat manager will tell you about any specific distancing requirements
- Sit in the same place in the zendo every day (makes contact tracing easier, in addition to the usual needs).
- Remain masked for chanting
- Kinhin walking meditation outside is encouraged, this is an opportunity to take a break from wearing your mask. Maintain social distancing.

When in the Dining Hall

- Socially distance as is possible. The retreat manager will tell you about any specific requirements.
- Sit in the same place every meal
- Mask-up for indoors except when eating

When in your lodging accommodations

- Socially distance as is possible
- Masks optional in your own lodging; negotiate mask wearing with your cabin-mate

Please contact the registrar at registrar@redcedarzen.org if you have concerns or questions.

Enjoy your Summer 2022 Sesshin at the beautiful Samish Island Camp and Retreat Center. We are so very happy you are here and that we are here together, after so long, in this very special place!

References:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/testing-overview.html>

<https://www.governor.wa.gov/sites/default/files/COVID19%20Overnight%20Group%20Summer%20Camps.pdf>

<https://www.healthline.com/health/how-accurate-are-rapid-covid-tests#advantages-of-rapid-testing>

<https://www.scientificamerican.com/article/the-smartest-way-to-use-rapid-at-home-covid-tests1/>