

Snow Mountain Monastery

COVID-19 Advisory

Welcome to the Snow Mountain Monastery (SMM) session retreat. We are so happy that you are planning to come. As the retreat approaches, what we do in the week before and while traveling to the monastery will go a long way in creating a safe retreat environment.

How to protect yourself and others at the retreat

Important steps you can take before the retreat:

- As much as possible, please reduce your risk of exposure by minimizing time spent in crowded places and wear a well-fitted KN95 or N95 mask.
- If you have close contact with someone who tests positive between now and the retreat, please let us know.
- Please consider canceling your trip if you are unwell or experience COVID-19 Symptoms. See the CDC symptoms guidelines:
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
- Be properly vaccinated before you arrive.

Return Travel Plan for Possible Infection

Please note SMM does not have facilities for quarantine. Participants who test positive or develop symptoms during the retreat will have to leave, so have a backup travel plan for early return in case this happens.

During the retreat

There will be a round of testing when you arrive and during the retreat. As test kits are limited, please bring your own if possible.

Physical distancing of 3-6 feet is recommended whenever possible.

When gathering indoors: please wear a KN95/N95 mask. If you don't have a proper mask, we will provide one for you.

When gathering outdoors: Keep a safe distance and avoid casual conversation as an additional precaution. If you wish, you may also choose to wear a mask.

When using Bathrooms/Restrooms: Use the provided disinfectant spray before you leave.

Facilities and Accommodations

Outdoor Chanting and Dining: Large group gatherings such as chanting and dining will be conducted outdoors.

Lodging: Due to limited indoor space, SMM only provides indoor lodging accommodations for elders. All other overnight participants are encouraged to stay in outdoor tents, their own vehicles or RVs.