

To minimise the risk of Covid infection at the CBC, please read and adhere to the following points. We are following the Government's Covid-19 Secure Guidelines. Here are the changes we're asking you to bear in mind if you come to the centre:

Feeling unwell: Please do not visit the CBC if you are feeling unwell or experiencing Covid-19 symptoms or if you have been in contact with someone else who is unwell. We hope you understand this measure is to keep all of us safe and to prevent the transmission of the virus. If you have booked and are subsequently unable to attend, please email us at info@cambridgebuddhistcentre.com so that someone else can use your place.

Limited numbers and booking : To ensure that everyone can keep 2 metres apart, we are running a booking system for our classes. Please do not attend an in-person class unless you have booked. We do not have any 'drop-in' classes at this time.

Physical distancing: We ask that all participants maintain a 2-metre distance from other people. Please be mindful of the one-way system and any instructions from team members.

Face coverings: We ask that all participants and visitors wear a face covering/mask upon entering the centre building. If you are attending a bodyworks class (e.g. yoga, Tai Chi) you will be able to remove your mask during the taught class but will still need to wear one whilst moving around the building.

Hand washing and hand sanitiser: We ask all participants to wash their hands (with soap and hot water for at least 20 seconds) or to use hand sanitiser upon entering or leaving the building. There are extra hand sanitiser stations around the building. There are paper towels for you to dry your hands.

One-way system: There will be a one-way system in operation and access to your class/room will be explained to you. The class team will be on hand to guide you. Please keep to the one way system and be mindful of places where you may need to give way to another person – i.e. theatre corridor/accessing the toilets.

Cleaning: Our team and volunteers are regularly cleaning the centre to keep it clean and safe for all of us. All frequently touched areas will be cleaned before and after each class; mats and cushions are there for your use, but only team members will handle them before and after the class.

Refreshments: We won't be serving tea or biscuits at this time, so if you would like these, please do bring your own. The tea bar remains closed. There is access to drinking water should you need it but we suggest you bring your own bottle/reusable cup.

Travelling to and from the CBC: We are encouraging all participants and team to walk or cycle to the CBC where possible. If using public transport to visit the centre, please be aware that current regulation states that face coverings must be worn when using public transport.

Bodywork classes: Please arrive ready for your class as our usual changing room is not available. Please bring your own yoga mat or equipment where possible.

Extra guidelines for team members and Sangha use room bookings

For classes and events:

- Team leaders are responsible for briefing the team on the current CBC risk assessment
- Where possible open windows before class and during breaks to increase ventilation
- Prop open the doors before and after the class to ease flow and reduce people needing to touch the door handle. Ensure doors are closed during the class
- All places to be set and spaced before the beginning of class
- A team member needs to manage main entrance and to ask people to use hand sanitiser and then go straight to the room – indicate the one-way system in place
- A team member needs to manage flow into the room and to ask people to put away their shoes/belonging and then go straight to their mat/cushion/chair
- A team member needs to manage exiting the meditation room at the end of the class (distancing when collecting shoes/belongings and then leaving the room straight away)
- A team member needs to manage exit from the main room and to ask people to use hand sanitiser and leave promptly

Cleaning:

- Before and after the event clean door handles and 'high-touch' surfaces like light switches and toilet flushes (the cleaning rota shows more detail about what needs to be done – the team leader should check this has happened before opening)
- Ensure there are cleaning products, soap and paper towels available in the toilets
- Cushions and mats may hold the virus for up to 48 hours so used ones should be put out of circulation for that time (separate areas for used/clean mats and cushions – make sure it is clear which is which)

Sangha bookings:

- Please only use the room you have been booked into at the time it is booked for. Please make sure you exit the building promptly as other bookings may be following yours.
- Follow the guidelines on cleaning the room you have used and allow time for this at the end of your booking
- The tea bar remains closed – please bring your own refreshments.
- If you have any concerns around safe building use – please let the centre team know
- Please make sure you are following government guidelines on wearing face coverings and all other safety guidance set out for centre users
- Outside of pre-booked sessions the building remains closed, unfortunately it is not possible to currently offer drop-in or social space for Sangha use.