

COVID 19 Liability Release Waivers

I declare as follows:

1. I am under the age of 65 years
2. For females. I am not pregnant.
3. Since last 30 days, no one in my family including me has been infected/suffered from COVID 19.
4. I have not, nor any member(s) of my household, travelled by sea or by air, internationally within the past 30 days.
5. I am not having fever, cough, cold or any influenza like symptoms since last ten days
6. I am not suffering from Cardiac or Respiratory diseases e.g. Asthama.
7. I am having Diabetes/Hypertension, and according to my doctor, it is under control with my regular medication and that I am fit to sit for entire duration of Vipassana meditation course.
8. I am not suffering from Cancer or Arthritis and I am not taking any medicines and Steroids for the same.
9. During examination while arriving at the centre, if I have any symptoms as mentioned in point no. 5, I am aware that I will not be able to attend the course.
10. I agree to abide by all the guidelines provided by the Government to Dhamma Khetta Meditation Centre.

Following the pronouncements above I hereby declare the following:

- I am taking the course out of my free will. I will be solely responsible for my health and safety.
- I along with my family agree to indemnify, Dhamma Khetta Meditation Centre, Hyderabad, its Trustees, Board, Officers, Affiliates, Employees, Teachers, Servers from and against any and all costs, expenses, damages, lawsuits, and/or liabilities or claims arising whether directly or indirectly from or related to any and all claims made by or against any of the released party due to injury, loss, or death.

By signing below I acknowledge that I have read the foregoing liability release waiver and understand its contents; that I am at least 21

years old and fully competent to give my consent; that I have been sufficiently informed of the risks involved and give my voluntary consent in signing it as my own free act and deed; that I give voluntary consent in signing this Liability Release Waiver as my own free act and deed with full intention to be bound by the same, and free from any inducement or representation.

The trust holds complete rights to enforce removal of students, anytime during the course, as they may deem necessary. I will co operate with them.

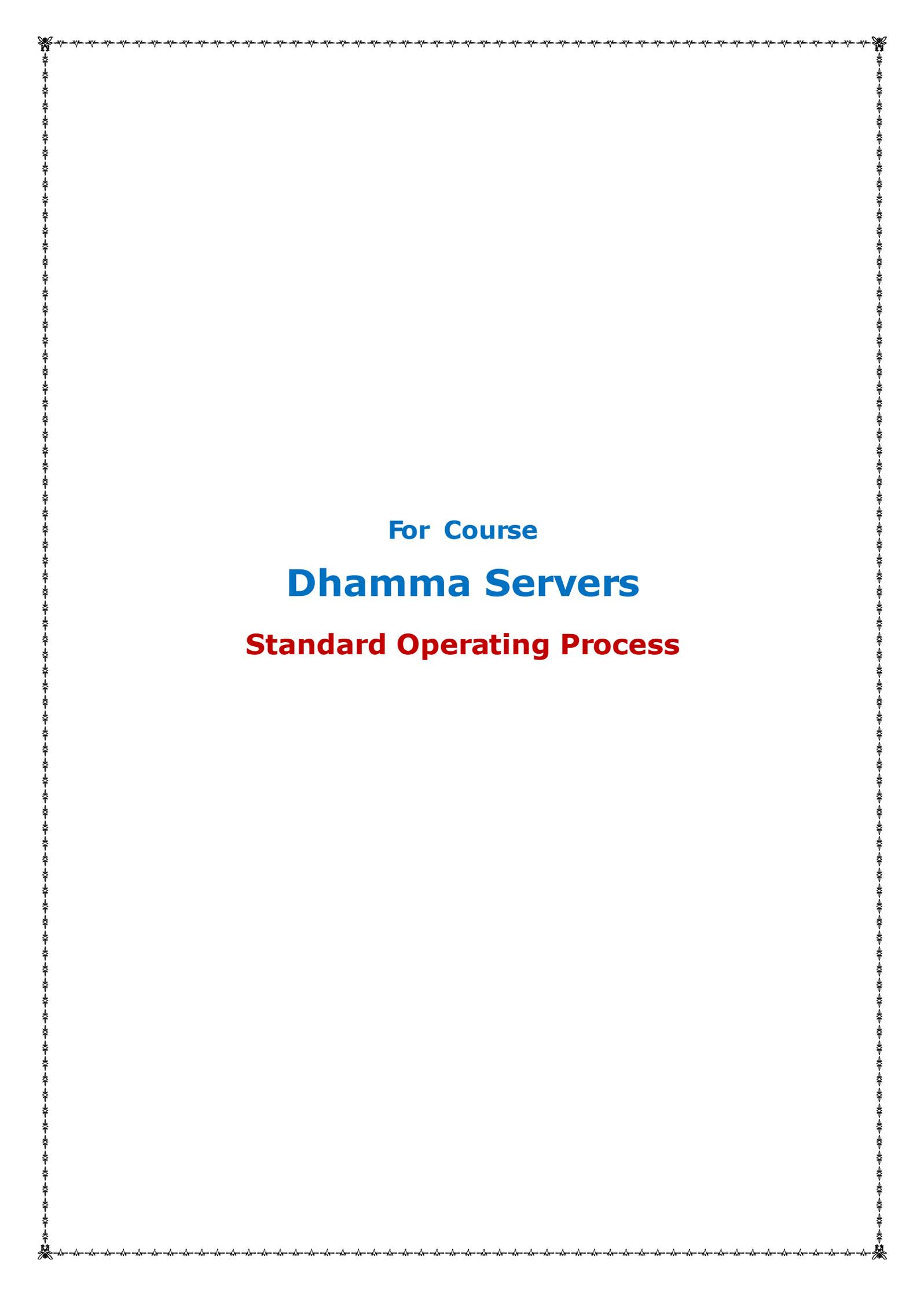
Full Name:

Phone No.:

Emergency Contact Name: Emergency Contact No.:

Signature

Date signed:



For Course

Dhamma Servers

Standard Operating Process

SOP's for the Dhamma Servers during the course at Dhamma Khetta At the time of Entry of the Students

1. Dhamma servers should be wearing masks and Face shield when facing students
2. Check the temperature of the students
3. Make sure the student is wearing mask
4. Wear hand gloves while sanitizing the luggage of the student
5. Guide them to the respective registration area

Registration

1. Sanitizer stand and bottle should be kept outside Registration area.
2. Tables and chairs should be arranged in such a way that the social distancing of at least 6 Feet is maintained.
3. Each student should be given a separate pen to fill out the forms.
4. All Dhamma servers should be wearing masks at all times when in Registration hall
5. After confirming the name, the student should be guided for room allotment where the details will be discussed and room will be allotted.
6. A student has to sign a declaration form if he/she has not brought the same with them.
7. A server should be always available to go over any concerns if the student may have regarding COVID preparedness.
8. Dhamma server sitting at the essentials counter or valuable counter should make sure that distance of six feet is maintained between the student and server. Immediately use the sanitizer after touching cash.
9. Dhamma server at the essential/valuable/mobile counter should be wearing masks, face shield and hand gloves.
10. Dhamma server should not touch their face while collecting the valuables, mobiles, etc.
11. A dedicated server with fresh pair of gloves will only be serving tea and biscuits.
12. Do not insist on selling sanitizer bottles. Inform the students we have sanitizer bottles everywhere in the common areas. If they still want to buy, they can do so for their peace of mind.
13. Student should be guided to their respective rooms if they are

new to the center.

14. Inform them about the evening snack/dinner and pre-talk timings.

At the time of Pre-talk

1. Foot operated sanitizer should be available at the entrance of the pre-talk area
2. Chairs should be arranged to maintain social distancing of 6 feet.
3. Since the chairs will not be used till the end of the course.
4. Female pre-talk will happen in dining hall. **Those chairs will need to be sanitized after Pre-talk.**
5. After the pre-talk, when done with stacking of the chairs in their place, wash the hands for 20 seconds.
6. Guide the students to Dhamma Hall.

Dhamma Hall

1. Make sure there is a foot operated sanitizer outside Dhamma hall . Also make sure there is no overcrowding in this area.
2. Cushions should be place with the instructions of the teacher and management six feet apart.
3. Opening and closing of the door of the Dhamma hall should be done by one of the Dhamma server only. Sanitize your hands before entering Dhamma hall.
4. If a student takes any extra cushions, do not store it in the back. The student should keep the cushions till the end of the course. Do not reuse for other student.
5. Maintain six foot distance when communicating with the teacher or advised otherwise (use pen and paper).
6. For 9-00 pm Q & A, all the students who have questions, needs to remain seated until server clearly indicates who can come forward.
7. Places for the evening discourses in other languages should also maintain 6 feet distance and remain the same for the entire course.
8. If a student is found coughing or sneezing or looks weak or fatigued, inform the teacher immediately.
9. Course managers will make sure to start the exhaust fans during breaks.
10. While emptying the dustbin, make sure you are wearing hand gloves.

Pagoda

1. Make sure there is a foot operated sanitizer outside Pagoda.
2. Make sure there is no crowding in this area.
3. If a student takes any extra cushions, do not store it in storage area. The student should keep the cushions till the end of the course. Do not reuse for other student.
4. Sanitize door handles everyday
5. Buckets should be kept outside for umbrellas

Dining Hall

1. Exact number of chairs should be kept in the dining hall. All extra chairs should be removed.
2. At least four Dhamma servers need to be present during meal hours.
3. Should will be coming in batches as per the time slot given to avoid overcrowding. Student should stand at six feet distance in the marked area.
4. Students will only enter when called to enter the Dining Hall.
5. Food should always be covered as far as possible.
6. Student should wash/disinfect their hands before entering the dining hall.
7. Make sure students are sitting in their assigned spot. Spots will be marked with their room number.
8. Since there will be no self-service, **Dhamma servers will be serving the food without eye contact.**
9. Do not observe how much food a student is asking. Just give as asked by the students.
10. One Dhamma Server will be standing in the dish washing area to avoid confusion and overcrowding.
11. Flow of the students should be managed well .
12. Make sure the soap containers are always filled.
13. **No spitting in the common sinks.**
14. Always wear the gloves to disinfect all the tables and chairs after every meal.
15. Servers should be present in the dining till the students are eating maintain 6 feet social distancing.

Course Office

Only one person has to be present in the course office to maintain social distancing.

Walking Area

1. Dhamma server need to be vigilant to see that social distancing is maintained. If you find overcrowding, with folded hand request to avoid.
2. Make sure there are no chairs in walking area to avoid sharing/taking turns

Donations

1. Maintain safe distancing of 6 feet.
2. Sanitize the card terminal after every use.
3. No sharing of objects like pens or disinfect after every use.
4. While handling cash, please make sure you are wearing gloves and do not touch your face. Immediately after the transaction, sanitize your hands.

NO BOOK SALE ~~Book Vendor~~

1. ~~He should take care to avoid overcrowding.~~
2. ~~He should use sanitizer after handling cash and avoid touching his face.~~
3. ~~No physical contact.~~

Metta Day and Last day

1. All the objects like alarm clock, etc. collected from the students must be disinfected.
2. When collecting extra blankets given to the students, Dhamma server should wear hand gloves and take the blankets etc, straight for washing.
3. Dhamma server will have to be extra vigilant on Metta day. No handshakes or hugging allowed
4. Make sure students are wearing masks at all times.
5. Make sure social distancing is maintained at all times.
6. In the dining hall, same protocol will be followed. While eating, washing of the dishes etc. Request with folded hands.
7. We will not be providing transportation