

## COVID SAFE REQUIREMENTS AT THE TIBETAN BUDDHIST SOCIETY

Together we are taking steps to protect our community of members, volunteers, guests and residents by:

1. **Staying home if unwell**
2. **Completing attendance records at the TBS**
3. **Wear a face mask indoors at all times**
4. **Keeping distance from others wherever possible**
5. **Washing or sanitising our hands regularly**
6. **Cleaning used surfaces between sessions**
7. **Please bring your own cushions and rug or mat for meditating (or use our chairs)**

The Tibetan Buddhist Society has a COVID-Safe Plan to meet the government's COVID safe requirements. As part of the Plan we ask you to please:

### Before you leave home:

- If you feel unwell and have any symptoms of coronavirus (COVID-19) stay home, seek medical advice and [get tested](#). Stay home while you wait for your test result
- You must carry a [face mask](#) at all times when you leave home, unless you have a lawful exemption
- Please bring your own books for class if you have them

### When you are at the Tibetan Buddhist Society:

- **Please check in** using the QR code when you arrive.
- If you are unable to sign in with the QR code, please ask a volunteer to assist you with this.
- There are QR code signs at key points at the temple, with instructions on how to use your phone to sign in
- For classes please enter and exit the temple through the side door of the temple nearest the driveway
- For working bees please enter the temple building through the back door on the kitchen side and exit through the door nearest to the men's toilets

### Do not share food, drink or other items

- We will serve your tea/coffee and refreshments. Self-serve is not permitted
- Avoid coming into the temple kitchen
- Weather permitting we will serve afternoon tea outside or with required spacing inside
- Limit chairs to 4 around each trestle table outside

### Wash or sanitise your hands regularly

- Use the hand sanitiser provided on tables and in the bathrooms
- Keep to a limit of 4 people in each bathroom

### Cough or sneeze into a tissue or your elbow

- If you start to feel unwell at the TBS, please isolate, go home immediately, and get tested

### Wear a fitted [face mask](#) indoors and outdoors when you cannot maintain 1.5 metres distance from other people

- Wear a fitted face mask indoors at all times (unless eating/drinking),
- Keep at least 1.5 metres distance between yourself and others when either outside or inside the building
- Wear a fitted mask if outdoors and you cannot maintain 1.5 metres distance from other people

### In the temple:

- Places where personal mats and cushions can be placed will be marked
- Please do not move chairs in the temple
- If you would like to use a cushion for meditating please bring your own and a rug or mat to put underneath it
- Due to regulations we cannot provide cloth equipment

**Thank you for your cooperation** with the COVID-19 guidelines. The Society observes the Government COVID-19 guidelines. If the guidelines change at any time we will let you know about any implications as soon as possible.