

## **Current COVID-19 Precautions Triratna Leeds Buddhist Centre Sangha Night**

Please read all the information carefully.

We are pleased to be able to offer Sangha Nights in person as well as on-line by Zoom.

Sangha Nights in person will be at The Meanwood Institute 92 Green Road, Leeds, LS6 4LD which is near Meanwood Park.

Despite the relaxing of COVID-19 regulations we will be taking COVID-19 precautions for the well-being of all attending Sangha Night in person and others.

These precautions include social distancing. So the number of people coming in person to Sangha Nights will be limited for the time being. If more people want to attend that we have places available that week, we will be operating a waiting list and we will prioritise a place for any people who did not get a place in the following weeks. If you did not get a place or cannot come in person, Sangha Night will also be offered at the same time by Zoom as we have been doing throughout the Pandemic.

The government guidance frequently changes, so we will be regularly updating this guidance.

Precautions may be different to what is described here by the time Sangha Night comes around - we will let you know if there is a significant change in the Newsletter.

If you come to Sangha Night in person we take it that you consent to abide by these procedures.

### **Before attending:**

There is always going to be a level of COVID-19 risk when mixing with others, so the first thing is to check if you feel able and ready to come on Sangha Night, bearing in mind the well-being of yourself and others.

Please email us at [enquiries@leedsbuddhistcentre.org](mailto:enquiries@leedsbuddhistcentre.org) if you wish to come in person. We will email you back confirming if you have a place. If you intend to come regularly in person, please let us know in the email mail any weeks that you cannot attend.

### **Before arriving:**

Please ensure that we have emailed you confirming that you have a place.

Please take a lateral flow test before leaving on the day you travel to Sangha Night. If the test is positive, do not travel but let us know you are unable to attend, and remain at home and self-isolate.

Lateral flow tests are available free of charge. You can [order them online](#) or in England collect them at pharmacies.

### **COVID-19 precautions at the Sangha Night:**

**Ventilation:** Good ventilation has been shown to be very important in minimising the risk of COVID-19 transmission. We will be keeping the windows and door of the hall open. Therefore please bring plenty of warm layers with you as the temperature within the Hall may get cool as the temperature outside gets cold.

We will be monitoring air quality throughout the evening and may have to stop the class if CO2 levels rise beyond acceptable levels.

**Social Distancing:** We will be following the former social distancing guidelines. This means maintaining, wherever possible, a 2-metre distance between people inside or outside. We have limited the number of places available on Sangha Nights to make this possible. Please keep to the seat or space allocated for you in the hall.

**Hand washing/sanitising:** You will need to wash or sanitise your hands regularly throughout the evening especially before making drinks or using the toilet. Hand sanitisers are placed around the hall. Please bring your own hand sanitiser for your own use. Please remember to wipe down and flush the toilet after use.

**Face coverings:** You will need to wear a 3-layer face-covering in inside the Hall except when seated in your allocated place. Visors are not adequate.

Those leading the sessions on Sangha Nights will not wear a face covering while teaching, but they will ensure they are over 2m from the nearest person.

**Test and Trace:** We will keep a record and contact details of those attending. The Meanwood institute requires that on arrival, people attending should use the NHS Covid 19 App on their phone to scan the Institute QR code posted on the inner door. Please remember to wipe down and flush the toilet after use.

How will it work in different areas?

You will be allocated a place in the Hall. All places will be 2 metres apart. Once you are seated in your place you can remove your face covering. Please wear your face covering when moving around the hall away from you allocated seat.

The toilet will be well ventilated and regularly cleaned. Please clean it yourself before and after you use it.

Extra things you might want to bring: Mats, cushions stools, blankets and anything you use for meditation as only a chair will be provided. Your own, mug and drink as we are unable to provide anything other than hot water for making drinks.

If you become ill with any COVID 19 symptoms or test positive from a PCR test within two days of attending Sangha Night in person you must let the Sangha Night team know and self-isolate. Please contact Test and Trace as we may be required to release everyone's personal contact information to them.

DO NOT ATTEND the Sangha Night if at the time your booked Sangha Night commences, if you:

- Live in an area where any Government lock-down restrictions are currently in place.
- Have any COVID symptoms or have been in contact with anyone with COVID symptoms (a new continuous cough, a high temperature and loss of or change in taste or smell) or a positive COVID test in the 14 days prior to the start of the Sangha Night.

Thank you and well done for getting through all this information! We hope you are as excited as we are that Triratna Leeds Buddhist Centre is holding Sangha Nights in person again and we are very much looking forward to co-creating a held and welcoming space with you in warmth and friendship.

With metta.

The Triratna Leeds Buddhist Centre Team  
Updated on 6 September 2021