

Corona measures Stg. I.Z.C. Noorder Poort

On August 11 2021, the board of Noorder Poort decided that from August 17, all participants in our programs (as well as all other guests and volunteers) can only come here if they

- are fully vaccinated or
- have performed a PCR test with a negative result no later than 24 hours before the start of the program or
- have recovered from Covid-19

If requested, you must be able to present proof: a QR code in the Coronacheck app (for Dutch people), **or** a vaccination certificate, **or** a certificate showing the result of your PCR test **or** a doctor's statement showing you have recovered from Covid-19.

For the time being, the other measures against the spread of the virus also remain in force.

1. General instructions

- a. Wherever and whenever you walk, always keep a distance of 1.5 meters. When in movement that is not possible, turn your face away from the other person, do not exhale with your mouth open and walk on. And of course, don't cough when you pass someone.
- b. Wash your hands with soap as often as possible; rub for at least 20 seconds.
- c. Do not touch your face with your hands.
- d. If you do have to cough, do it into your elbow.
- e. Use paper handkerchiefs and throw them away after one use.
- f. We leave interior doors open as much as possible.

2. Arrival

Pickup from Steenwijk station remains possible for 4 people per ride and with mandatory use of a face mask.

On arrival everyone is asked to disinfect their hands. Disinfectants are available for this at the red entrance doors.

3. Sleeping, showering, using the toilet, walking route

Almost all guests stay alone in their room, with their own shower and toilet. Participants who live together at home can share a room.

Should a shower be used by a few people, proceed as follows:

after you shower, dry taps etc. first. Then spray everything you touched with dettol.

4. Meditation

Zendo:

When entering and leaving the zendo, also for dokusan / sanzen, both doors can be used as entrance and exit. You use the door closest to your seat and you put your house shoes near to that door. Follow the general instruction 1a.

(If there are mats in the middle, sit back to back. Never turn towards each other.)

What we don't do: No tea in the zendo, no chanting, no deep bows.

Walking Meditation:

Both inside and outside: Follow the general instruction 1a.

5. Meals

One person can sit on each side of a dining room table. This means there is a maximum of twenty people in the dining hall (residents, who are part of the same household, sometimes sit with three at a table).

The buffet table is in the tearoom. The supervisor indicates the order in which people go to the buffet. Follow the announced walking direction in the dining hall and tearoom.

Before you take food, you should spray your hands with the disinfectant that is ready there.

There are stripes on the floor of the tearoom at a distance of 1.5 meter. NB. Be aware that taking food in this way takes more time and so be as quick as you can. For example: it is not necessary to prepare all your sandwiches at once and you do not have to completely spread butter and toppings. You can go to the buffet table a second or even third time later.

Follow the general instruction 1a.

At the end of the meal, place your cup, napkin and possibly table verses on your stool. With due observance of 1a, place the cutlery to be washed on the cart, including the cutlery that you have not used.

6. Tea and coffee

As always, everyone uses their own cup.

Before you take anything from the tea/coffee bar, disinfect your hands again with spray.

In the tearoom and living room you are at least 1.5 meters apart.

7. Afterwards

Participants who become ill within eight days of the end of a program with symptoms that may indicate Covid-19 and who are subsequently tested positively, let Noorder Poort know as soon as possible.

We can be reached by phone on +31 521 321204 or by email: np@zeninstitute.org

We hope that in this way Noorder Poort will be a safe place to meditate together.

Thank you,
the staff and residents of the Noorder Poort

August 18, 2021