



Rachel's Vineyard Ministries

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Information in this document is based on Center for Disease Control (CDC) guidelines as well as Rachel's Vineyard Ministries recommendations.

*Participants and team members attending retreats will be asked to sign a **Waiver of Liability** acknowledging potential risks due to the current pandemic.*

The primary goal of our ministry is to provide a safe and secure environment for all who participate in Rachel's Vineyard retreats.

CDC Prevention Resources (community-faith based organizations):

- Minimize chance of exposure by following preventive measures as outlined by **your** state and CDC guidelines for 14 days.
- Post list of symptoms in plain sight for knowledge of participants.
- Post-Preventive Guides:
 - How Coronavirus Spreads
 - How to protect yourself
 - Facial covers
 - Cleaning and disinfecting your living area
 - Practicing social distancing
 - Symptoms checklist
- Require temperature checks twice daily, morning and night.
- Minimize high-risk participants and staffers.
- Pre-screen participants and encourage those at high risk to select from later date options.
- Mitigation Strategy: What to do in the event of symptomatic persons to prevent transmission while at facility?
 - Contact local health officials.
 - Potential facility closure or restriction of access for trace cleaning in consultation with local health officials.
 - Have Personal Protective Equipment (PPE) available to prevent disruption to retreat environment.
 - Have list of needed over-the-counter medications.
- Have an isolation plan of action for a symptomatic person as well as a telecare plan in place to diagnose symptoms (such as requiring participants to bring own insurance card).

Daily practices and preventions while at retreat center:

1. Stay home if you are sick.
2. Cover your cough and sneeze with tissue, then throw tissue in the trash.
3. Wash hands often with soap and water for at least 30 seconds, especially after going to the bathroom, before eating, after blowing your nose, coughing or sneezing. If soap and water are not available, use hand sanitizer that contains at least 70-percent alcohol.
4. Avoid touching your eyes, nose and mouth with hands.

5. Clean touched surfaces and/or objects regularly.
6. No handshakes, hugs or high fives during meetings. As a way to decrease the social pressure to engage in these common behaviors, consider displaying signs that discourage these actions during the retreat. We do recommend encouraging air hugs, self-hugs, hand claps or finger snaps.
7. Keep disposable face masks onsite for use in the event it is requested or someone becomes ill with symptoms.
8. Plan ways to implement social distancing measures and enforce 6 feet separation guidelines (complying with State and local requirements and recommendations). Seating arrangements will need to follow the 3-6 feet separation guidelines.
9. No sharing of open food bars, coffee creamers, pencils, pens and retreat materials.
10. No volunteers can transport participants to and from the facility.

Know how it spreads:

The virus is thought to spread mainly from person to person:

- Between people who are in close contact with one another (within 6 feet);
- Through respiratory droplets produced when an infected person coughs, sneezes or talks. (These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.)
- Recent studies suggest that COVID-19 may be spread by people who are not showing symptoms;
- Local guidelines mandate covering your mouth and nose with a cloth face cover when around others to prevent the spread in public places;
- Cloth face covers are meant to protect other people in case you are infected;
- Continue to keep about 6 feet between yourself and others as the cloth face cover is not a substitute for social distancing; and
- Those who are at high risk can easily be impacted. For a listing of high risk persons, go to the CDC website at www.cdc.gov.

In an effort to ensure the safety of all participants and team members, the Rachel's Vineyard team will implement modifications at its Rachel's Vineyard retreats.