

This document covers how we can all do our part to keep each other as safe as possible in recovering from a global pandemic. Below are some guidelines to follow before and whilst travelling, and during your stay for the Destiny Encounter (DE) initiative.

The practical guidelines below are not to replace government guidelines.

The UK currently have no Covid restrictions for people to travel to the UK. However, we want to protect delegates so that their time at the DE is not hampered by illness.

Covid symptoms include: continuous cough (3 or more episodes of coughing in 24 hours), high temperature, loss of or change in sense of taste or smell, or cold or flu symptoms.

UK and Overseas Delegates:

Please be aware that these guidelines relate to England only and that other parts of the UK and other countries may have different guidelines. As you come to live within a community, we have certain requirements to protect not only yourself but also the other delegates and staff who will be present.

In order to function as the world recovers from this global pandemic, we require that you adhere to the following:

- 1) Where possible please avoid contact with anyone known to have Covid or with any Covid type symptoms (as mentioned above) for at least 10 days prior to arriving at the retreat. We also advise that you avoid crowds for at least 48 hours prior to arriving on base.
- 2) If you develop Covid symptoms during your stay, please make Hannah (our base medical officer) aware. If you develop any Covid type symptoms before arriving, please also inform Hannah as soon as possible before your arrival, via email on Hannah.savage@wftherock.org. Providing this information allows us to take extra precautions during your stay so that you and others can continue to participate.
- 3) We require that you do not socialise outside of the DE community during this retreat. This is to protect everyone taking part, and more importantly to help you make the best use of this time in developing your destiny.

