



LIFE ETERNAL PROPERTIES AUSTRALIA P/L ATF LIFE ETERNAL TRUST (AUSTRALIA) (SAHAJA YOGA MEDITATION AUSTRALIA)

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New South Wales - Australian Capital Territory - Victoria - South Australia - Tasmania - Western Australia - Northern Territory - Queensland

“There can be no peace in the world until there is peace within.”

Celebrating 38 years of Sahaja Yoga Meditation in Australia

1st July 2020

COVID-19 SAFETY PLAN

BEFORE THE EVENT

Prior to any collective event (e.g. puja, program or other gathering), the following will be communicated to all yogis

- Screening requirements and exclusion criteria for the event (as per current public health advice)
- Conditions of entry including the maximum number of people allowed to attend
- Clear instructions regarding requirements for physical distancing, hand hygiene and cleaning

Screening requirements and exclusion criteria may change with time – currently the following questions should be asked of all yogis when registering and anyone who answers “yes” to any of these questions at the time of the event should not attend

- Have you or a close contact, such as a family member or household member, tested positive for COVID 19?
- Have you travelled overseas or to Melbourne in the past 14 days?
- Do you have any cough or flu like symptoms in the past 7 days - this includes fever, cough, sore throat, shortness of breath, loss of smell or taste, fatigue, runny nose, muscle or joint pains, headache, vomiting or diarrhoea ?

In addition, screening should also be conducted on arrival in conjunction with temperature checking – anyone who is displaying any of the above symptoms and/or has a temperature over 37.5°C should not be permitted to enter and should be asked to go home, along with their family members.

Anyone who displays any symptoms of COVID-19 should be advised to be tested.

Anyone who is in the following **high risk groups** should strongly consider whether they should attend

- Aged 70 years or over
- Aged 65 years or over and have a chronic medical condition
- Aboriginal & Torres Strait Islander person aged 50 years or over with a chronic medical condition
- Immunosuppressed

All yogis should also be strongly encouraged to have a flu vaccination each year.

With regards to numbers - this will depend upon the size of the venue and current local restrictions.

The number of people allowed at a particular event should be clearly communicated prior to the event and measures taken to control the number attending within the limits.

Each building will have the total numbers allowed include adults and children inside the building. This will be posted outside each building and Yogis advised to observe these limits.

Pre-registration will take place before each event in order to be able to determine numbers expected at any particular event so measures can be taken if numbers may exceed that allowed.

When limits are applied to an event collectives may implement rostering people to attend collective programs such as through using the puja groups and can be considered as a way to control numbers attending.

It is noted that the NSW COVID safety plan for community centres also lists as a requirement

- *Provide volunteers with information and training on COVID-19, including when to get tested, physical distancing and cleaning, and how to manage a sick visitor*

Yogis should be provided with information about hand hygiene, physical distancing and use of facemasks prior to any event.

DURING THE EVENT

It is important to continue to remind people of the need for precautions throughout the event.

Physical distancing (adapted from NSW COVID Safety plan for community centres)

- Ensure capacity does not exceed 1 person per 4 square metres
- Community centres – ensure indoor group activities, such as yoga classes or group counselling sessions, have not more than 20 participants plus the instructor / facilitator / assistances and comply with 1 person per 4 square metres
- Ensure activities are non-contact as much as possible.
- Ensure attendees comply with 1.5 metres physical distance where practical. Those who live in the same household are not required to physical distance
- Have strategies in place to manage gatherings that may occur immediately outside the premises
- Reduce crowding wherever possible and promote physical distancing with markers on the floor, including where people are asked to queue
- Ensure any communal areas where people gather, such as BBQ or kitchen facilities, maintain capacity limits of 1 person per 4 square meters and appropriate physical distancing
- Assess the safe capacity of communal facilities such as showers and change rooms. Communicate this at their entrance and have strategies in place to reduce crowding and promote physical distancing.
- Where practical, stagger the use of communal facilities. Strongly encourage visitors to shower/change at home where possible.

Hygiene and cleaning

- Adopt good hand hygiene practices
- Ensure hand sanitizer is available at the venue entry and throughout the facility or ground
- Ensure bathrooms are well stocked with hand soap and paper towels
- Provide visual aids above handwash basins to support effective handwashing
- Encourage participants to bring their own water bottle, snacks, towels, etc and encourage eating outside if practical.
- No self serve buffet style or service staff carrying trays. If food is provided or share-style, one person should be allocated to serve food and practice hand hygiene before and after service.
- Clean cutlery and tableware with detergent and hot water, or with a commercial grade dishwasher if available.
- Clean frequently used indoor hard surface areas (including children's play areas) at least daily; first with detergent and water, and then disinfect. Clean frequently touched areas and surfaces, including in communal facilities, several times per day.
- Reduce sharing of equipment where practical and ensure these are cleaned with detergent and disinfectant between use.

- Ensure this is accessible detergent / disinfectant and gloves for visitors to use, should they wish
- Disinfectant solutions need to be maintained at an appropriate strength and used in accordance with manufacturers instructions.
- People involved in cleaning or reorganizing furniture should wear gloves when cleaning and wash hands thoroughly before and after with soap and water.
- Encourage contactless payment options.

From a practical perspective, these requirements would include the following for Sahaj collective events

- **Clear signage** around any collective property which includes
 - Reminders about physical distancing, hand hygiene etc...
 - Signs at the entrance of each area that includes maximum number allowed in any area
 - For example, in the case of Balmoral this would include at the entrance of the following
 - Meditation hall
 - Kitchen
 - Bathrooms
 - Upstairs change room
 - Downstairs change rooms
- Consideration as to how **physical distancing** may be observed whilst undertaking Sahaj practices
 - Limiting the number of people on stage at any one time
 - Maintaining distancing if queuing for offerings
 - No physical contact whilst at collective programs e.g. no head massages
 - Allowing spaces for family groups that need to sit together with appropriate distancing
- Regarding **hygiene and cleaning**
 - Hand sanitizer should be available near the stage for anyone conducting the puja (to be used before and after touching collective items)
 - No food should be shared collectively including prasad
 - Kitchen facilities should not be used - this includes using cups, plates, cutlery and tea towels
 - No tea or coffee facilities should be available - yogis should bring their own thermos
 - Only disposable items and paper towels should be used when needed
 - No sharing of collective items including foot soak tubs (e.g. BYO tub only)
- **Additional measures**
 - Yogis should be strongly encouraged to wear facemasks during the puja
 - Singing is a high risk activity (as is playing a wind or brass instrument) - as per the NSW COVID-19 "Places of Worship" plan, this advises that solo singers should maintain at least 3m physical distance from other people. Given that this would then reduce further the number of people that could attend, we would suggest prerecorded music could be used and yogis encouraged to wear masks.
 - Families with young children should be encouraged to bring their own hand sanitiser and be aware of the importance of hand hygiene with their children. Perhaps a dedicated area should be set aside for these families (given the difficulties of small children and physical distance) - this could be an area within the hall or outside on the lawn if weather is good

AFTER THE EVENT

- Thorough cleaning of all surfaces and facilities must be undertaken

- Keep a record of name and a mobile number or email address for all attendees for a period of at least 28 days. Ensure records are used only for the purposes of tracing COVID-19 infections and are stored confidentially and securely
- Cooperate with NSW Health if contacted in relation to a positive case of COVID-19

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