

**PROTOCOL FOR STUDENT'S RECEPTION AND
STAY AT THE ISHA CENTER FACILITIES IN THE
PROCESS OF RETURNING TO THE NEW
NORMALITY DUE TO COVID-19**

DATE : AUG 2022
CODE : PO-REI-01-07
WRITTEN BY : BLANCA E. PIMIENTA R.
REVIEWED BY : MARIA LAURA MONDELLI

OBJECTIVE

Establish prevention and control activities during the student's reception and stay within the Isha Center facilities, in order to minimize the risk of infection by COVID-19.

SCOPE

This procedure applies without exception to all students who enter the center and come on their own free will.

The necessary recommendations to follow during the trip and at the different places of origin. The guidelines to be followed during the stay and coexistence within the Center are to be established here.

The indications detailed here are only intended to support a balanced transition process that in no way endangers the most important good: people's health and life.

THIS PROTOCOL IS SUBJECT TO CHANGE, ACCORDING TO THE GUIDELINES ESTABLISHED BY THE MEXICAN FEDERAL AND LOCAL HEALTH AUTHORITIES

RESPONSIBILITIES

It is the responsibility of the Isha Center to establish the necessary controls to minimize the risks of this disease.

It is the responsibility of the people who enter the center to comply with the provisions of this document.

It is the responsibility of the students to inform us before the trip, if they have been in contact with an infected person or with suspected infection by COVID-19.

IT IS RESPONSIBILITY OF THE PARTICIPANTS NOT TO APPEAR TO THE CENTER WITH ANY SYMPTOMS OF COLD, COUGH, FEVER, SORE THROAT, HEADACHE, MUSCLE PAIN OR ANY OTHER SYMPTOM THAT SUSPECTS A COVID-INFECTION.

IT IS RESPONSIBILITY OF THE STUDENTS, TO KEEP THE PRECAUTIONARY MEASURES TO STAY IN THAT LOW RISK MARGIN, TO MINIMIZE ANY RISK OF INFECTION BY COVID-19 ONCE THEIR TRIP IS CONFIRMED: WE ASK YOU TO PLEASE TAKE CARE OF YOURSELF.

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GENERAL INFORMATION ABOUT SARS-Co-V-2

Coronaviruses are a family of viruses that cause disease (from common cold to more serious respiratory illnesses) and exist between humans and animals.

In this case, SARS-COV2 appeared in China in December 2019 and causes a disease called COVID-19, which spread throughout the world and was declared a global pandemic by the World Health Organization.

Human coronaviruses are transmitted from one infected person to others:

- through the droplets that a sick person expels when coughing and sneezing
- when touching or shaking the hand of a sick person,
- When touching an object or surface that is contaminated with the virus and then bringing the dirty hands to your mouth, nose or eyes.

The symptoms are: cough, fever, headache and might be accompanied by any of the following:

- breathing difficulty
- sore or burning throat
- runny nose
- fever
- red eyes
- muscle or joint pain
- diarrhea, abdominal pain
- conjunctivitis
- headache
- loss of sense of smell or taste
- skin rashes or loss of color in the fingers and toes
- tiredness

The best ways to prevent the infection are:

- Wash your hands with soap and water frequently and use 70% alcohol-based gel solutions.
- Practice the coughing and sneezing etiquette: covering the nose and mouth when coughing or sneezing, with a disposable tissue or the internal angle of the arm.
- Don't spit. If necessary, use a disposable tissue, put it in a plastic bag, tie it and throw it in the trash; then wash your hands.
- Do not touch your face with dirty hands, especially nose, mouth and eyes.

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- Clean and disinfect surfaces and objects of common use in offices, closed places, transportation and meeting centers, among others.
- Maintain a healthy distance (at least 1.5 m) during interactions.

PROCEDURE

1.0 RECOMMENDATIONS TO FOLLOW DURING YOUR TRIP

1.1 From the time you leave home and until the arrival at the Isha Center, it is suggested to wear a face mask as it reduces or filters the amount of virus that an infected person exhales and limits the amount of virus that a person inhales. The suggested type of mask is N95 or KN-95.

Consider that you must cover the nose and mouth at the same time and must be adjusted to the bridge of the nose and the skin of the face without folds to prevent air from entering through the corners. As indicated in the following photo:



Important notes:

- *It is recommended to bring additional face masks.*

1.2 Maintain as much as possible the Social Distance, which refers to the minimum necessary distance when in contact with people (1.5 meters).



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2.0 THE STUDENT UPON ARRIVAL AT THE ISHA CENTER

2.1 An authorized laboratory performs the rapid detection test for COVID-19 (antigen test).

NOTE: This test is mandatory and is at the participant's expense, in order to guarantee a safe coexistence during the retreat.

This test applies equally to students who have already been vaccinated against COVID-19.

2.2 The temperature will be taken.

2.3 The participant receives an induction from the Center's staff regarding the practices to follow within the facilities. During this time, he will also fill out the documents for registration within the Foundation.

2.4 Upon receiving the NEGATIVE result of the quick test, the participant can join the face to face activities and use the facilities in general.

NOTE: UPON A POSITIVE RESULT, THE ISHA CENTER WILL SUPPORT THE PARTICIPANT IN COMMUNICATING WITH THEIR MEDICAL INSURANCE AND RETURNING HOME OR GETTING TO THE PLACE THAT THE PARTICIPANT CHOOSES TO IN ORDER TO RECOVER.

IN CASE OF DOUBT ABOUT A RESULT, IT IS POSSIBLE TO REQUEST ITS REPETITION, AT THE EXPENSE OF THE PARTICIPANT.

- In case of detecting any sign outside the normal parameters and/or presenting symptoms of cold, cough, fever, sore throat, headache, muscle pain, diarrhea, abdominal pain (referred to in the General Information section on SARS-Co -V-2) and in the event of any suspicion of being infected by COVID-19, **the Isha Center will support the participant with communication with their health insurance and the organization of their return to their home or wherever the participant chooses for their recovery. The Isha Center is exempt from any liability.**

3.0 THE STUDENT INSIDE THE ROOM

3.1 Remove and dispose of the mask in the trash can.

3.2 Proceed to hand washing and disinfection.

3.3 Continue with the unpacking of your belongings, trying at all times not to place any object on the remaining beds, in order to avoid cross-contamination.

3.4 Allocate a pair of shoes for exclusive use within the center.

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3.5 Place your belongings in the designated space.

3.6 The use of the mask is as follows:

- After the antigen test THE USE IS AS OF EACH PARTICIPANT'S CHOICE AND / OR ISHA CENTER STAFF SUGGESTION.
- Inside the room its use is essential when it coincides with the cleaning staff.

3.7 Since the retreat is face-to-face, the activities will be carried out in accordance with the guidelines that the Center has established for coexistence in common spaces.

IMPORTANT NOTE:

TO MINIMIZE THE RISKS OF SPREAD BY COVID-19 DURING THIS PROGRAM, STAYING INSIDE THE CENTER AT ALL TIMES WILL BE ONE OF THE GUIDELINES TO FOLLOW. ONLY IN CASE OF FORCE MAJEURE AND UNDER AUTHORIZATION, THE STUDENT MAY LEAVE THE FACILITIES ALWAYS CARRYING OUT ALL PREVENTIVE MEASURES.

IF THE STUDENT DOES NOT WISH TO REMAIN IN THE PROGRAM ONCE IT STARTS, THE CENTER DISCLAIMS ANY RESPONSIBILITY AND THE VALUE PAID IS NON-REFUNDABLE.

3.8 Inside the room, personal hygiene measures and recommendations to reduce the risk of contagion must be followed: hand washing and disinfection, use of the etiquette sneeze, do not spit or touch your face with dirty hands.

3.9 Provide natural ventilation of the room most of the time and as much as possible.

3.10 The use of a hand towel is individual and will be something to follow throughout the process, recommending its constant change. The use of disinfectant gel constantly is also necessary.

Note: *It is recommended to bring 2-3 hand towels for personal use.*

3.11 Each student is responsible for keeping the space designated for their personal belongings in order and clean.

3.12 It is recommended not to share objects for common or personal use: telephones, headphones, pens, personal protective equipment.

3.13 It is not allowed to keep food inside the rooms.

3.14 It is necessary to comply with the schedules established by the center for the different common activities.

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3.15 IF DURING THE DEVELOPMENT OF THE PROGRAM, A STUDENT DEVELOPS ANY COLD SYMPTOM, WILL FOLLOW THE MEASURES THAT THE CENTER ESTABLISHES FOR THE CARE OF EVERYONE.

4.0 INFORMATION TO CONSIDER

4.1 It is important that during your trip planning, you have complete and clear information of the entry and exit protocol for each country.

4.2 Each participant in this retreat must have Medical Insurance with coverage also for COVID-19 that covers the days of stay at the Isha Center.

4.3 It is suggested to have the complete schedule of vaccines against COVID-19.

4.4 Upon arrival at the center, an antigen test is performed. These tests are at the expense of the participant. See point 3.5

It is important to check with a foundation teacher, the cost of the test since it can vary, any arrival outside the date established in the program implies a different value.

It is the responsibility of the student to confirm to the teacher with whom he has been in contact for his reservation and before his arrival at the center, that he has read and understood this protocol.

COMPLETE NAME

SIGNATURE

DATE: _____

Note: By signing this sheet I consent that I have read and understood the entire protocol.