

CEDARS OF PEACE

COVID-19 GUIDELINES FOR RETREATANTS

Before you come

- We will send a link to a required screening form which must be completed and returned to us before you come. Do not come if you have
 - any of the following symptoms: fever, coughing/sneezing, sore throat, shortness of breath, diarrhea, abdominal pain
 - been out of the country
 - traveled to high risk areas
 - traveled by air
 - been exposed to someone with documented or suspected COVID-19

We will waive our normal cancellation fees if you need to change your plans due to COVID-19.

- **We are not providing bedding during the pandemic so please bring your own sheets and blankets. We will provide towels and pillows for the bed.**

When you arrive

- We will take your temperature and review the symptom checklist. Please bring a mask to wear when we take your temperature. Masks are not required in your cabin or when you are out walking as long as safe distances are maintained when you encounter other people.
- A special COVID-19 waiver form will be in your cabin. Please sign it when you arrive and give it to whoever comes to take your temperature.
- We respect physical distancing and ask you to do the same.

While you are here

- The woods, trails, lakes and conservation areas on the beautiful 788 acre property are open for you to enjoy!
- **ALL buildings on the Motherhouse main campus are closed to visitors at this time.** We strongly discourage your walking there, as well. If you happen to encounter someone else while you are walking, please allow 10 feet distance and refrain from interacting other than a smile.
- We also ask you not to enter any buildings at Cedars of Peace other than your cabin. That includes the prayer room, office, shop or utility/laundry room. If you need anything, you can leave a note on the clipboard outside the office door, or leave a message on the Cedars of Peace answering machine by calling 270-865-5291.

November 14, 2020

- Some of the interactions and opportunities retreatants have enjoyed in the past are not available including the following:
 - The swimming pool is not open to retreatants.
 - Eating the main meal in the Motherhouse dining room is not an option at this time.
 - **All Motherhouse buildings are off limits**, including the church; retreatants will not be able to participate in prayer services or Mass.
- There is access to WiFi in the Utility Room. We cannot provide a space totally free of interruptions so if you have need private access, please plan accordingly. The public library in Bardstown provides internet in the parking lot or you can access your own hotspot. See your Welcome Notebook for further information.
- We are removing the journals normally found in each cabin.

If you become sick while you are here, it is your responsibility to drive yourself home or find someone to pick you up immediately. As soon as possible, please get tested for COVID-19 and let us know of those results so we can do contact tracing as needed.

When you leave

- Place your towels in the laundry bag provided in your cabin and place the bag outside your door.
- Clean the cabin to the best of your ability using the disinfectants provided.
- Turn **off** the air conditioner in summer and leave the heater set on 60 degrees when you leave.
- Please consider making a donation. As you can well imagine, COVID-19 is causing quite a financial challenge. Our income will be considerably lower for the foreseeable future because we are able to serve fewer people and our housekeeping expenses are significantly increased. Thank you!

After you leave

- Please notify us if you test positive for the virus within 14 days of your retreat. We, in turn, will notify you if any retreat staff members, or the retreatant who was in the same cabin prior to your arrival, test positive. (Note that our protocol at this time is 3 days of fallow time between one retreatant and the next.)