

# Siddha Yoga Meditation Center in Montreal

## COVID-19 HEALTH PROTOCOLS

### SAFETY MEASURES

- Surgical masks are required while in the premises.
- Practice social distancing whenever possible and stay 6.5 feet or 2 metres away from others
- Sanitize your hands thoroughly with the gel provided at the entrance.
- Bring yours personal items such as chanting books, cushions, shawls, bottles of water, etc.

### PLEASE DO NOT ENTER THE PREMISES IF:

You have experienced any of the following in the last [10] days:

- Shortness of breath/difficulty breathing
  - Fever
  - Dry cough
  - Fatigue
  - Sore throat
  - Loss of taste or smell
- You are awaiting a COVID-19 test result.
  - Either you or someone you have been in contact with or reside with: is experiencing COVID-19 symptoms; tested positive for COVID-19; or has been asked to quarantine within the past [10] days.

**Each person entering the premises is personally responsible for their own health and well-being at all times and, by entering, agrees to comply with any COVID-19 safety measures in effect at this Siddha Yoga venue and will not seek to hold the venue or its leadership responsible for any health issues the individual may have or develop when attending the venue.**

***Thank you for your cooperation to keep everyone healthy!***

***The Steering Committee***