



The Arica School®

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## Wellness and Infectious Disease Guidelines

The following guidelines are recommended for face-to-face programs hosted by either Arica Institute Sponsors or The Oscar Ichazo Foundation Organizers in group trainings and practices. They are intended to reduce the risk of spreading infectious diseases, especially airborne respiratory and highly contagious intestinal viruses. Such viruses include the SARS-CoV-2 virus that causes the COVID-19 disease, Respiratory Syncytial Virus (RSV), influenza viruses, and the rapidly spreading intestinal Norovirus. As evidence from the COVID-19 pandemic has shown, protective measures such as masking, surface hygiene, and social distancing can help reduce the spread of many diseases, including the common cold.

Sponsors and Organizers must, at a minimum, adhere to applicable rules and requirements stipulated by their local health authorities. These recommended guidelines offer additional risk reduction measures for consideration by the Sponsor or Organizer, based on a careful examination of the degree and severity of infections circulating in their region.

It is important to note that these guidelines *reduce but do not eliminate* the risk of infection. All prospective participants should be advised to make a serious assessment of their overall health and vulnerability before enrolling or participating in a face-to-face *Arica*® event.

## **PROGRAMS PRESENTED BY ARICA INSTITUTE SPONSORS**

In order to protect the health and well-being of all attendees, as well as ensure the uninterrupted progress of the training, several wellness guidelines may, at the discretion of the Sponsor or Organizer, apply to these programs. The guidelines for the longer residential trainings (ten days or more) and the shorter trainings and introductions (two days or less) differ in scope due to the consequences of an active infection occurring in a group that works closely together over a series of days. In cases where longer trainings include concurrent shorter trainings, the recommended guidelines for longer trainings should apply throughout.

### **Longer Residential Trainings and Concurrent Shorter Trainings**

The ten measures detailed below should reduce risk in face-to-face longer trainings based on current scientific knowledge.

These precautionary measures include:

1. Preparation
2. Testing
3. Masks
4. Maintaining the Training Bubble
5. Hand and Surface Hygiene
6. Reporting Symptoms
7. Social Distancing
8. Modifying Close-contact Exercises
9. Venue Requirements
10. Supervision

Prospective applicants will be informed of the guidelines in place before the training begins and may only enter the training after recognizing and accepting the guidelines, providing negative test results when required, submission of proof of vaccination when required, and completion of the Release of Liability Agreement (RLA).

## **1. Preparation**

For its longer residential trainings (and the shorter trainings that are concurrent with these long trainings), Arica Institute recommends that participants and staff reduce their potential disease exposure through mask-wearing in public spaces and social distancing for one week prior to the event. Sponsors may, at their discretion, require proof of one or more available vaccinations if this is recommended by local health authorities. In any case, participants should be reminded of the possibility of exposure to infectious diseases at the training, and of the recommendations of their health authorities to reduce the risk of infection.

## **2. Testing**

Standard nasal-swab COVID-19 antigen tests should be made available at the event so as to allow easy and repeated testing. The Sponsor may, at their discretion, require testing or encourage participants to test on a voluntary basis. A routine “welcome” antigen test is recommended at the opening of the training. Those individuals with a positive test result, or anyone exhibiting symptoms of infectious respiratory disease, will be asked to withdraw from the event. The Sponsor has the responsibility to deal with refunds that may apply in these cases.

## **3. Masks**

Complete coverage of the nose and mouth in a form-fitting mask is recommended in situations in which training participants have contact with non-training personnel, and for immunocompromised participants. Medical grade masks (N95, KN95) are necessary to be effective. Inside the training, an appropriate masking policy is at the Sponsor’s discretion. Mask-wearing is not advised during more strenuous exercises such as *Psychocalisthenics*<sup>®</sup> and *The Arica 9 Ways of Zhikr Ritual*<sup>™</sup>.

## **4. Maintaining the Training Bubble**

Once a training has commenced, it is recommended that contact with individuals outside of the group of participants and training staff (training venue personnel, caterers, cleaning staff, etc.) be minimized. The Sponsor may expressly limit leaving the training venue or require approval to do so (e.g., with an in/out form), or may require mask-wearing and social

distancing for any contact outside the training group. The Sponsor may also limit visitors or friends at any Arica Institute training, training party/gathering, or meal event. Any partner in attendance should abide by the same protocols as all participants. All participants and staff need to be instructed in advance that, for the health and safety of the entire training, they must abide by the Sponsor's recommendations for maintaining the bubble.

## **5. Hand and Surface Hygiene**

All participants and staff should frequently and vigorously wash their hands with soap and hot water, and/or use an antiviral hand gel. In particular, hands should be sanitized every time the training space is re-entered, and before touching food. Surfaces that are touched by the group frequently should be cleaned and wiped with alcohol/disinfectant regularly.

## **6. Reporting Symptoms**

Among the most common symptoms of COVID-19 and other common infectious diseases are a sore throat, an above-normal temperature, nasal discharge, continuous cough, headache, body aches and pains, and a loss or change to your sense of smell or taste. If any of these symptoms are noticed or reported, a participant may be asked to withdraw from a training.\* In the case of a confirmed case of COVID-19, a negative antigen test should be required before re-entry. Norovirus symptoms include vomiting, stomach pain, fever, and diarrhea. Several days away from the training environment are necessary to prevent its spread.

## **7. Social Distancing**

Social distancing should be observed during any contact outside of training participants and staff. Social distancing recommendations within the training are at the Sponsor's discretion.

## **8. Modifying Close-contact Exercises**

When a Sponsor determines that there is sufficient risk, they may modify for risk reduction those exercises where participants have close contact.

## **9. Venue Requirements**

It is advised that longer trainings should be offered in a residential setting, and the venue should be able to accommodate all participants and training

staff. Training rooms and eating areas should be well-ventilated, with open windows and/or efficient mechanical ventilation. Outdoor spaces should be utilized whenever possible.

## **10. Supervision**

For each training, a dedicated staff person needs to be responsible for maintaining compliance with infectious disease protocols by both participants and staff during the course of the training.

### **\*In Case of a Suspected COVID-19 Infection**

In the case of reported symptoms, including a high temperature during the course of any training, the person with a suspected COVID-19 infection should immediately take an antigen test.

If the results of this test, or any routine test during the training, are positive for COVID-19, the individual should immediately quarantine in an isolation room and should return home as soon as it is safe to do so. Remaining participants in the training do not need to quarantine unless they experience symptoms, but should wear masks and socially distance within the training for five days, stay aware of symptoms, and take an antigen test on the fifth day after the positive test was recorded. Strenuous exercises will be suspended in the event of a positive test within the group.

The Sponsor's refund policy will articulate the rules for such an occurrence.

### **Non-residential Shorter Trainings and Introductions**

Many of the guidelines for longer trainings are also recommended for shorter trainings. As in the case of longer trainings, these protocols will reduce but not eliminate the possibility of contracting a COVID-19 infection during the training or introduction.

#### **1. Preparation**

The Sponsor may mandate a vaccination requirement at their discretion.

#### **2. Testing**

The Sponsor may require an antigen test for participants and staff prior to the event. Individuals who receive a positive test result or show symptoms of an infectious disease should not be admitted to the training.

### **3. Masks**

Complete coverage of the nose and mouth in a form-fitting mask is recommended in situations outside the training. Inside the training, an appropriate masking policy is at the Sponsor's discretion. Mask-wearing is not advised during more strenuous exercises such as *Psychocalisthenics*<sup>®</sup> and *The Arica 9 Ways of Zhikr Ritual*<sup>™</sup>.

### **4. Hand and Surface Hygiene**

All participants and staff should frequently and vigorously wash their hands with soap and hot water, and/or use an antiviral hand gel. In particular, hands should be sanitized every time the training space is re-entered, and before touching food. Surfaces that are touched by the group frequently should be cleaned and wiped with alcohol/disinfectant regularly.

### **5. Reporting Symptoms**

Among the most common symptoms of COVID-19 and other common infectious diseases are a sore throat, an above-normal temperature, nasal discharge, continuous cough, headache, body aches and pains, and a loss or change to your sense of smell or taste. Norovirus symptoms include vomiting, stomach pain, fever, and diarrhea. If any of these symptoms are noticed or reported, a participant may be asked to withdraw from a training.

### **6. Social Distancing**

The Sponsor may recommend social distancing inside and/or outside the training environment.

### **7. Modifying Close-contact Exercises**

When a Sponsor determines that there is sufficient risk, they may modify for risk reduction those exercises where participants have close contact.

### **8. Venue Requirements**

Training rooms and lounge/eating areas should be well-ventilated, with open windows or effective mechanical ventilation.

## 9. Supervision

For each training, a dedicated staff person will be responsible for maintaining compliance with infectious disease protocols by both participants and staff during the course of the training/introduction.

### **PROGRAMS PRESENTED BY THE OSCAR ICHAZO FOUNDATION (OIF) ORGANIZERS**

OIF Organizers present monthly one-day group practices, which currently occur principally in Zoom presentations. When such practices are opened for face-to-face attendance for participants who are not members of the same household, it is recommended that Organizers follow the same ground rules applying to the above Non-residential Shorter Trainings and Introductions.

All participants are encouraged to stay aware of current risks of infectious diseases, to recognize that conditions may change rapidly, and to understand that we are all responsible for our own health and safety and for protecting those around us.

The Arica Institute Board of Directors

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