

# Paper Doll Militia Covid19 policies

Retreats 2021 / 2022

## Policy for our Catalina Aerial + Sail and Greece Retreats

### Retreats with Group Housing

Our accommodations in Catalina and Greece require that some participants share rooms together, and it's just not reasonable for folks to wear a mask while they're sleeping. The common areas, such as bathrooms and kitchen, are shared and indoors. This essentially means that our retreat group must form a "pod."

Pods can be safely formed through a combination of testing and quarantining, however we have also found this to be a logistical challenge in planning retreats. Most people do not have the luxury of quarantining for 10 days before a retreat and then 10 days after a week-long retreat. This is financially and logistically unreasonable to expect of our participants. We also do not have an infrastructure in place to enforce or verify quarantining protocols.

### Requiring Vaccines for our Catalina & Greece (for now)

Therefore, at this juncture in time we feel that the best option for keeping the risk level for the spread of Covid low, while being able to open up our retreats again, is start by offering the retreat to people who are fully vaccinated, or will be fully vaccinated by the time of the retreat. This decision is based on the following United States CDC recommendations for vaccinated people.

## WHAT YOU CAN DO ONCE YOU HAVE BEEN FULLY VACCINATED

Activity	
Visit inside a home or private setting without a mask with other fully vaccinated people of any age	✓
Visit inside a home or private setting without a mask with one household of unvaccinated people who are not at risk for severe illness	✓
Travel domestically without a pre- or post-travel test	✓
Travel domestically without quarantining after travel	✓
Travel internationally without a pre-travel test depending on destination	✓
Travel internationally without quarantining after travel	✓
Visit indoors, without a mask, with people at increased risk for severe illness from COVID-19	✗
Attend medium or large gatherings	✗

As shown, vaccinated people are not required to quarantine or take tests in order to travel. Additionally, they are allowed to be inside without masks with other vaccinated people.

## Medical Exemptions

Referring to the chart above, vaccinated people are allowed to mix with one person (or multiple people from one household) if that person(s) is low risk. In following the recommendations of the CDC, we will allow a limited number of people if they are unvaccinated if they have a medical exemption such as contraindications for the vaccine and if they are low risk for severe illness from COVID-19. We will also be making an exception for unvaccinated people who are pregnant or breast-feeding, as the vaccines do not currently have published data for the safety of that demographic, as of the time of the writing of this document. Again, these spots are limited and will be determined by the accommodation and housing situation of the particular retreat in question.

## Our Ethical Responsibility to the Locations We Visit

We are very aware and sensitive to the fact that not all countries have access to vaccines at the same time. Part of our Covid19 policies have to do with protecting the individuals in the local communities that we are visiting. As stated above, when we are in the accommodations of the retreat participants will essentially be in a pod, and will not need to wear masks with one another. However when leaving the accommodation, and entering into a public domain, we will be following the local regulations and restrictions of the area.

## Will we need to wear masks while training?

The short answer is, we don't know yet. Depending on the retreat, local regulations may affect whether or not we will need to wear a mask during class and training. For example, if our training facility is in a private area, and the only people present are those from the retreat, then we will be able to train mask-free. But in the case of a more public training area, or in a private location where others are present who are not vaccinated, we may need to have participants wearing masks. Because we are unable to know what the local restrictions will be at the time of the retreat, we are not able to answer the question of mask wearing while training one way or another ahead of time.

## Experiencing symptoms during a retreat

If a retreat participant begins to experience symptoms of COVID before or during the retreat, they will be required to get tested immediately and put in isolation. If this occurs, extra financial investment may incur at the resident's expense for isolation housing, medical, and/or transportation expenses. Paper Doll Militia is not financially responsible for paying for alternative housing or medical expenses. We recommend you do diligent research on travel and health insurance to help cover costs if that becomes necessary. Paper Doll Militia staff will do everything in our power to take care of the retreat participant.

## Updating our Policies

We are closely following the release of new data, and we will be updating our policies to reflect the recommendations from public health experts. There is a chance that our policies may loosen before the date of the retreat, however, when you are registering please only register based on the current policies in place. If you have any questions or concerns about our safety protocols, please email us at

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