

# Covid19 policies for Panama Aerial + Sail Retreat

Updated March 2022

## Policy Vaccination Requirements

This retreat is for people who are fully vaccinated, or will be fully vaccinated by the time of the retreat as defined by the CDC (United States). According to the CDC (United States) at present, "Fully vaccinated" means a person has received their primary series of COVID-19 vaccines. Booster shots are not required, but are highly recommended. Please be aware that the entry requirements for Panama differ for those who have boosters as compared to those who don't.

## 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 COVID-19 policies reflect our intention to protect individuals in the local communities that we are visiting. When leaving the retreat location, and entering into a public domain, we will be following the local regulations and restrictions of the area.

## Travel Insurance and Medical Insurance

We highly recommend that you purchase travel insurance that includes medical insurance. Check with your health care provider to see if you are covered for international travel. For more information on travel insurance click [here](#).

## Will we need to wear masks while training?

At this point in time, masks will not be required for retreat participants during classes or group sessions. This is subject to change due to an increase in COVID-19 prevalence and/or government or venue regulations.

## Experiencing symptoms during a retreat

If a retreat participant begins to experience COVID-19 symptoms before or during the retreat, they will be required to get tested immediately and isolate. Isolation housing, medical, and/or transportation costs incurred will be at the resident's expense. The retreat organizers are not financially responsible for paying for alternative housing or medical expenses. We recommend you diligently research and select travel and health insurance that will help cover costs if such expenses become necessary. The retreat organizers and 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 will be updating our policies to reflect the recommendations from public health experts. There is a chance that our policies may change before the retreat start date. If you have any questions or concerns about our safety protocols, please email us at [retreats@paperdollmilitia.com](mailto:retreats@paperdollmilitia.com).