



Dear Visitors and Volunteers of Sonoma Mountain Zen Center,

Sonoma County Zen Center – Genjoji provides a safe environment for visitors and volunteers.

Daily Health Monitoring Requirements

For ease of use, the County of Sonoma has developed a cell phone application called SoCo Check that our visitors and volunteers can utilize to check symptoms and verify that each of us is in good health and eligible to gather in the same place.

To ensure everyone's health and safety, we request that visitors and volunteers comply with the following Sonoma County recommendations:

- Right after waking in the morning, verify your temperature to be below 100.40 degrees Fahrenheit.
- Wear appropriate face coverings upon entry to the workplace.
- Conduct self-assessments using the SoCo Check application or approved alternative method.
- Implement personal protective equipment such as gloves, masks, and other protective measures deemed appropriate for the nature of the business operations.

Minimizing In-Person Interactions

Evidence has shown that creating physical distancing of at least six feet decreases the spread of COVID-19. As a mitigation measure, SMZC has taken the following steps:

1. Re-engineered/restructured operations to provide for 6-feet distancing.
2. Physical contact is limited by six feet between residents/staff and visitors/volunteers at/within the gathering site.
3. Physical contact is limited between persons present on site.
4. The number of people allowed in the business at a given time will be limited. SMZC will set the limit. The limit may change as the threat of contamination diminishes.

Health and Safety Guidelines

As a mitigation measure, we certify that SMZC has taken the following steps:

- Communicates and educates residents/staff and visitors/volunteers to carry out COVID-19 mitigation plans and protocols.
- Makes available to all residents/staff and visitors/volunteers hand sanitizer and other sanitation products for the frequent cleaning of shared gathering and workspaces.
- Wipes down doors, handles, and surfaces on a very frequent basis and between residents/staff and visitors/volunteers.
- Provides training to residents/staff on COVID-19 mitigation measures for patron facing activities (e.g., cleaning and sanitizing standards, etc.).

VISITORS & VOLUNTEERS

Groups are discouraged—no more than 5 people,

unless clearance is given by Nyoze.

Work at a great distance—15 feet from one another.

1. Office sends the COVID-19 safety guidelines/procedures and liability waiver to sign before arrival.
2. Check symptoms before arrival. (Refer to the SoCo Check app if needed.)
3. Upon arrival at SMZC, Shissui (workleader) checks each visitor/volunteer's temperature. If temperature is above 100.4 degrees F, she must return home.
4. WEAR MASKS at all times when working around another person.
5. Shissui supervises volunteers. Volunteers will work on projects outside and will not share enclosed spaces with residents or employees. Maintain distance 15' apart from others.
6. Volunteers are encouraged to bring own tools. Disinfect any SMZC tools after using/before leaving. Shissui will have cleaning supplies.
7. **DO NOT ENTER any of SMZC buildings.**
8. Use designated **RESTROOM ONLY**—Ando Quarters Room #1. No shoes worn inside Ando. Each person wash hands and disinfect surfaces touched after using restroom.
9. Shissui designates one volunteer to check, thoroughly wipe, and disinfect restroom at the end of the day.
10. Wash hands before leaving SMZC.

The following is a message from Sonoma County concerning these measures and protocols.

The risk of the spread of the COVID-19 virus is based on the extent to which there is person-to-person contact that results in the transmission of the virus. A business must make an individual assessment and mitigate accordingly. The mitigation measures required by the Sonoma County Health Officer intend to reduce the risks of transmission by assessing three key person-to-person risk factors in a business's operations and determining whether those risks that are determined to be medium or high and can be reduced by implementing the key mitigation measures.

There are three broad categories of key mitigation measures that are required by the Sonoma County Health Officer:

1. *Minimizing person-to-person interactions;*
2. *Daily monitoring of employee health; and*
3. *Health and safety guidelines all businesses in Sonoma County will be required to implement these mitigation measures to the extent that their business operations have medium and high risk of person-to-person transmission based on the factors above.*