

Women Rising Wild
COVID- 19 Safety Guidelines
May 11, 2020

1. If you are sick or have been exposed to COVID-19, stay home. Your full deposit and all funds paid may be transferred to another event if you must cancel for this reason.

Please watch for symptoms and self-screen for elevated body temperature for 72 hours before retreat begins.

From the [CDC website](#): People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- * Cough
- * Shortness of breath or difficulty breathing
- * Fever, chills, or sweating
- * Muscle pain
- * Sore throat
- * New loss of taste or smell

This list of symptoms is not all inclusive.

Other less common symptoms have been reported. These include gastrointestinal symptoms like nausea, vomiting, or diarrhea.

Please watch for these symptoms.

If you are having symptoms visit the CDC website and take their "[Self-Checker](#)" quiz to help you make decisions and seek medical care.

If you are having an emergency, call 911.

Emergency warning signs for COVID-19 include:

- *Trouble breathing
- *Persistent pain or pressure in the chest
- *New confusion
- *Inability to wake or stay awake
- *Bluish lips or face

Please call your medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

* And, we ask you to measure your body temperature with a thermometer two times per day for three days prior to our retreat including in the morning before you leave home for Women Rising Wild. The CDC considers a person to have a fever when he or she has a measured temperature of at least 100.4 degrees Fahrenheit. You will not be accepted on retreat if you have had a fever of 100.4 or higher in the 72 hours prior to our retreat. Avoid drinking very hot or cold beverages 15 minutes before taking your temperature under the tongue. Note: If you are taking medications that act as a fever reducer, i.e. Tylenol and ibuprofen, your temperature may not be indicator of presence of infection. Please take your temperature before taking such medications if possible.

While COVID-19 will not present with fever in asymptomatic cases, this screening is our best available option.

2. Wear a mask! While on retreat we must all have a face mask at all times. This mask must be worn when we are unable to maintain 6 foot spatial distancing from others in our group as well as people and animals on the sanctuary.

3. We must follow all guidelines by Mission: Wolf as well as the State of Colorado, Custer County, and Huerfano County while on retreat. These guidelines will be considered additive to our own.

4. Specific rules may apply for communal areas of camp in compliance with Custer County Public Health Agency and Huerfano County Health Department. These instructions will be provided on site.

5. Disinfect hands and communal use items before and after each use and as directed while on retreat.

6. Stay out of other people's personal space unless invited in.

Each of us will have opportunity to express our own personal boundaries around staying safe and each woman shall respect and honor the needs and desires of each woman on this topic. For instance, some women may while wearing masks want to hug goodbye when we say farewell on Sunday while others will prefer to eye gaze knowing we hold unconditional positive regard and deep sentiment for the other. I will be making cute stickers for us to wear on our hats or other outer layers. They will say things like, "6 feet, please" or "it's ok to ask me for a hug." The aim here is to provide opportunity for each of us to share what our personal boundaries are in a really healthy and VISIBLE way so accidental violations are less likely to occur. But regardless of these stickers it will be our practice to ask others if it's ok to come near before entering their space for whatever reason. Approval must be granted, or stay out. <3

7. Anyone not following safety guidelines and the personal boundaries of any person or communal space or object may be asked to leave retreat and/or Mission: Wolf property without refund.

8. Lastly, travel well and live well before during and after retreat. Practice smart precautions as directed by the CDC and state and local governments to reduce exposure and prevent spread of COVID-19.

This message is intended to be firm and clear but rooted in love for the safety of us all. If you have any questions or concerns, please reach out via email or phone. With guidelines understood we move towards the excitement and joy of our upcoming time together. By joining us on retreat you agree to these guidelines.