



## **MALVERN RETREAT HOUSE**

### **WELLNESS GUIDELINES**

As we navigate a new way of operating our Retreat House, we appreciate your understanding, support and patience. Malvern Retreat House continues to monitor the information from federal, state and local governments and we reserve the right to update these guidelines based on any changes or new information from those entities as well as our unfolding experience at Malvern Retreat House.

Policies are in place for our guests and staff to ensure the safety and health of all of those visiting Malvern Retreat House. Our commitment to the mission and the spiritual growth of individuals, groups and the community we serve remain a guidepost for Malvern as we developed this plan.

Malvern Retreat House is taking a cautious and stepped process to our return to normal. We continue to clean and sanitize the entire campus including guest rooms, meeting spaces, chapels, and all common areas with a special treatment. At the same time, much progress has been made in recent months.

**Most of all...**

**We are excited to welcome you to Malvern Retreat House – St. Joseph in the Hills!**

## WHAT TO EXPECT UPON ARRIVAL AND DURING YOUR STAY

- Malvern Retreat House requires all guests to review and sign a pledge to follow the guidelines during your stay. Anyone under the age of 18 must also have a parent or guardian signature. If you decline to sign the pledge you will be required to leave the MRH campus
- Temperature Check – Retreatants' temperatures will be taken at the beginning of each retreat and if a fever of over 100.4 is detected you will be required to return home.
- **Due to the rapid increase of the Delta Variant, we highly encourage retreatants to wear a mask out of Christian charity and respect for one another, whether vaccinated or not, while indoors.**
- Clean linens and towels are provided but guests may bring their own
- Retreatants must register in the designated location prior to entering any other buildings on the property. Late registrants must contact the onsite event organizer or coordinator to register prior to entering MRH facilities
- A wrist band will be given to everyone after their registration is complete and must be worn for the entire retreat
- Family style meal service has returned, individual guests may ask for a plated meal if preferred.
- **If a retreatant becomes or feels ill while on a retreat, they must return home immediately and in some rare circumstances the entire retreat may be suspended.**

## KEEPING RETREATANTS AND GUESTS SAFE

- Frequently touched surfaces and objects such as handrails, computers, door knobs, light switches, desk, keyboards and phones have been disinfected and are cleaned regularly throughout events
- Hand sanitizers, tissues, soap, and cleaning wipes are provided and available throughout the facility
- Plexiglas shields are in place at front desk and shared areas
- We use CDC approved cleaning and disinfectant for high touch areas
- Increased cleaning frequency and sanitation of all areas
- Guest rooms will be cleaned and sanitized before a guest's arrival and again upon departure.
- If there is a concern, please inform your retreat leader who will inform retreat house staff.

## RELIGIOUS SERVICES – MASS, COMMUNION, CONFESSION

- The sign of peace, holding hands and distribution of the precious blood is suspended until further notice
- Communion can be distributed both in the hand and on the tongue. Retreatants receiving on the tongue are asked to wait until the end of the communion line. Celebrants should sanitize hands before distributing the Eucharist, and after communion is complete
- Confession – Retreatants may be required to sign up for a confession time. Availability of confessors may be limited; we encourage retreatants to celebrate the Sacrament of Reconciliation prior to or after the retreat
- Adoration Chapels – When private adoration is available, doors will remain open and retreatants should use hand sanitizer before and after adoration. As needed, group adoration will replace private adoration. Currently, adoration chapels are not in use.
- Chapel doors will remain open to allow for air flow and eliminate touching of doors
- Priests, deacons and liturgical ministers must wash hands prior to and following the celebration of Mass

**Malvern Retreat House Retreat/Event Attendee Pledge and Waiver**

I, \_\_\_\_\_, pledge to the following:

- I understand that I must return to my home if:
  - I have experienced symptoms of illness in the last three (3) days;
  - I share a household with someone who began to experience the symptoms of COVID-19 in the last fourteen (14) days;
  - I have a fever over 100.4 degrees or visible signs of illness.
  - I develop signs of illness while at Malvern Retreat House.
  
- I will adhere to all enhanced safety protocols and guidelines implemented and shared by Malvern Retreat House.
  
- I pledge to inform Malvern Retreat House staff should I develop symptoms or become ill with COVID-19 within 14 days of being on campus to allow for notification of staff and retreat attendees. I understand that my privacy will be maintained in these matters.
  
- I acknowledge that out of Christian charity and with an abundance of caution, Malvern Retreat House highly encourages that retreatants wear masks while indoors during the retreat. (Exceptions apply while eating.)
  
- I understand by attending this retreat I hereby grant Malvern Retreat House approval to photograph or video/record my image/voice for use in social media/mailings/publications etc. Should I not want to be videotaped/photographed I will remove myself from the area being taped/photographed.

**By signing this agreement, I acknowledge and agree to follow all of the guidelines put in place by Malvern Retreat House (MRH), to follow instructions specified by MRH staff, and to follow best practices to limit the spread of COVID-19 and any other illness. I voluntarily assume the risk that I may be exposed to or infected by COVID-19 and other illnesses and that such exposure or infection may result in personal injury, illness, permanent disability, and death. Further, I understand that the risk of becoming exposed to or infected by COVID-19 or other illnesses may result from the actions, omissions or negligence of myself and others, including other retreatants.**

Retreatant name: \_\_\_\_\_

Retreatant signature: \_\_\_\_\_

If under the age of 18, parent/guardian signature is required: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Date: \_\_\_\_\_