



*Life has changed and Cocoon is adapting.  
We've shifted the way we do business to reflect the times. Putting  
an intense focus on safety is the most important thing we can do.  
Along with our upgraded disinfection standards, we've  
implemented rigorous safety protocols for our guests and staff.*

*We will reevaluate the below measures every 15 days.*

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### *Cleaning + Sanitation*

#### **Cleaning Protocols**

In addition to existing continuous cleaning protocols, we will add a rigorous disinfecting process each day. We will be increasing the size of our maintenance team as well as asking all guests to support these rigorous cleaning protocols.

#### **Disinfection Procedures**

Medical-grade, EPA-registered disinfectants which are designated effective against the COVID-19 virus will be used for all continuous and deep-cleaning processes. This equipment will also be used to fully disinfect yoga props and shared items between use.

#### **Yoga Props + Equipment**

We will disinfect the indoor yoga shala and all yoga equipment after use.

#### **The Cocoon Shop**

We ask that guests do not handle merchandise in our shop. Please ask for assistance if you would like to purchase an item, and our team will pull an item from our sealed backstock.

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## *Sanitizers + Wipes*

### **Hand Sanitizers**

Hand sanitizer will be available throughout our property. Guests will be asked to use hand sanitizer when entering Cocoon and frequently during the time at our farm. The hand sanitizer solution kills up to 99.9% of germs and includes 67% ethyl alcohol, above and beyond the CDC's guidelines of 60%.

### **Disinfectant Wipes**

Disinfectant wipes will be available throughout our farm. Guests will be asked to use disinfectant wipes on any shared objects before and after use, in addition to Cocoon's cleaning protocols. Our disinfectant wipes, approved by the EPA for use against COVID-19 are proven to kill 99.99% of bacteria, viruses & fungi on equipment while having the safest EPA Toxicity Rating.

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## *Health Checks*

### **Health Declaration**

Guests, as well as our team, will be required to complete a mandatory Health Declaration on arrival to confirm they are not experiencing symptoms of COVID-19, nor have they come in contact with someone who is experiencing symptoms.

### **Temperature Checks**

Guests, as well as our team, will have body temperatures taken prior to entering our retreat center via touchless thermometer. Per CDC guidelines, individuals with a body temperature greater than 100.4 degrees will unfortunately not be allowed into Cocoon.

### **Notifications**

Guests will be asked to alert one of Cocoon's Managers if they test positive for COVID-19 within 14 days of their visit to our farm. We will email notification to retreat leaders of all potentially exposed persons if there is a confirmed case of COVID-19.

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## *Personal Protective Equipment (PPE)*

**Face Covers**

Our team will be provided with face masks and gloves, which will be required to be worn in public spaces when interacting with guests, such as serving meals. Guests are also recommended to wear face coverings.

**Gloves**

We do not require that guests wear gloves during their visit.

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*Give Others Space*

Cocoon has 275 acres to explore! We have 2 yoga shalas, a lake, and plenty of space! Give others space. Spend time outdoors. Kindly wipe down any shared equipment (such as our bicycles) after you use them.

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*Yoga Etiquette***Shala Access**

Guests will be asked to use hand sanitizer on both hands and bare feet before entering our indoor shala. Our indoor shala will be disinfected daily after morning practice. We highly recommend that groups choose to practice in our outdoor shala rather than the indoor shala, as viruses do not spread easily outdoors.

**Mats + Props**

Please bring your own mat, and store your mat in your room when you aren't using it. We suggest that teachers limit prop use such as bolsters, blankets, and sandbags, to a minimum.

**Adjustments**

Cocoon suggests that teachers avoid any hands-on adjustments.

**Smaller Group Sizes**

We are currently limiting retreat groups to maximum 20 students.

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*FAQs*

**What if I show COVID symptoms, such a fever, or loss of taste / smell.**

If during your stay, you start showing any of the common symptoms for COVID, please notify a member of our team immediately. You will be asked to stay in quarantine until tested. If you have a roommate, we will potentially move them out of your room, or move you to a designated room. Cocoon's team will support you throughout the process, can provide meals for you, arrange for a COVID test, etc.