

Jewel Heart Self-Health Screen and Safety Confirmation/Acknowledgement Form

I understand that this Form and the information certified, are policies and procedures Jewel Heart has in place for my benefit and the benefit of all in attendance to try to protect myself and others from Covid-19.

Each time I enter the Jewel Heart Center I confirm/certify the following:

1. Vaccination Status: I have been fully vaccinated for Covid-19, and the time for the vaccine to be fully effective has passed. I will present proof of vaccination - card or photo on phone – upon entry and understand this is a condition of entry.
2. Temperature: I will allow Jewel Heart to take my temperature knowing that if I do have a temperature of 100.4 or above, I will not be allowed to participate in person and will be asked to leave for the duration of the Program.
3. Currently and/or in the past (14) days I have not:
 - i. Had a fever of 100.4 or higher.
 - ii. Had a cough.
 - iii. Experienced shortness of breath or difficulty breathing, chills, body aches and pain, loss of taste or smell, sore throat.
 - iv. Been in close contact with anyone who has tested positive or had symptoms of Covid-19 in the past 14 days.
 - v. Been diagnosed with Covid-19.
4. If at any point I develop any of the above symptoms in (i-iv above), learn I have Covid-19, or believe that I have been exposed to COVID-19:
 - i. I will leave if at Jewel Heart immediately if there, and if not there at the time I learn this, I will no longer come in person to Jewel Heart.
 - ii. I will immediately notify Jewel Heart of my exposure and/or diagnosis.
 - iii. I will not return to Jewel Heart for the duration of the program.
5. Covid-19 diagnosis prior earlier than 14 days prior to Program: If I have had Covid in the past (outside and before the 14-day period) I have recovered and received a negative Covid test confirming I was negative.
6. Requirements while at Jewel Heart:
 - i. Mask: I will wear a face mask at all times while inside at Jewel Heart.
 - ii. Social Distancing: I will maintain social distancing six (6ft) while at Jewel Heart other than with family members. I understand there is no congregating in the building. I will exit the building immediately after the teachings.
 - iii. Singing and Chanting: I will refrain from group singing, chanting and recitation of prayers out loud while at Jewel Heart.
 - iv. Personal Hygiene: I will wash my hands or use hand sanitizer frequently for my protection and the protection of others.
 - v. Eating and Drinking: I will not eat or drink inside Jewel Heart, and if I do so outside on Jewel Heart property, I will follow the social distancing rules above.

7. Jewel Heart's Full Discretion: I understand Jewel Heart reserves the right to change these policies and procedures and/or cancel in person attendance at Jewel Heart Center if circumstances warrant, including if anyone attending in person tests positive for Covid-19. I understand Jewel Heart also reserves the right to ask anyone not following these policies and procedures to leave immediately and I agree to this.

8. Assumption of Risk: I understand Jewel Heart is relying on the good faith of attendees regarding the confirmations/certifications given in this Form and I assume all risk of getting sick with Covid-19 and the ramifications, up to and possibly including death, in attending Jewel Heart programs on site. I am attending the Program voluntarily fully aware of and at my own risk

For the safety of Demo Rinpoche, the attendees and Jewel Heart, these policies and procedures were developed in consultation with Demo Rinpoche, a committee in Ann Arbor (including three nurses who are members of Jewel Heart and continue to review the policies and procedures), staff and the executive directors. The Board also had input into and reviewed the policies and procedures to partially re-open when we first re-opened for summer retreat.

As well as implementing the new policies for this partial re-opening, Jewel Heart has taken a number of additional precautions. Among other things we are cleaning more often, have upgraded air filters, added room air purifiers, and will limit access in the building during teaching to the shrine room, bathrooms and store (store by appointment only). Office doors will have signs on them directing attendees to call Staff with any needs. Doors and windows that can be open will be kept open.

Please understand that Jewel Heart is carefully observing the changing circumstances of Covid-19.

Please also be aware staff and Demo Rinpoche and the Board will be subject to the same policies and procedures in person attendees are subject to.