

COVID-19 Health and Safety Requirements Insight Meditation Community of Charlottesville (IMCC)

IMCC is committed to keeping our Sangha as safe as possible during the unfolding COVID pandemic. To provide a safe and comfortable environment and to protect IMCC teachers and Sangha from potential exposure to COVID-19, the IMCC Board has established the following risk mitigation requirements for our Tuesday evening gatherings at the Unitarian Universalist Congregation of Charlottesville (UU-Cville).

UU-Cville has granted authority to the IMCC Board for decision-making related to COVID risk mitigation. The IMCC Board, advised by a committee that includes a medical doctor and a public health professional, is continuing to monitor the ever-changing COVID situation and will adjust our policies for vaccination and masking accordingly. IMCC follows guidance and public health ordinances from the [Blue Ridge Health District](#) and the [Virginia Department of Health \(VDH\)](#), based on the [COVID-19 Community Level](#) in our area.

Updates to this policy will be posted on the [IMCC events webpage](#) and included in the weekly [IMCC newsletter](#).

***Note:** IMCC's [daily noon meditations](#) will remain on Zoom, and [Tuesday evening gatherings](#) will have an option to participate virtually via Zoom.*

The following requirements apply to attending IMCC's Tuesday evening gatherings in-person at UU-Cville.

1. When to Stay Home (and participate virtually):

- a. If you have [symptoms of COVID-19](#) (including fever), have had close contact with someone who is positive for COVID-19, or if you test positive, please do not attend in-person IMCC events and follow the [CDC guidelines here](#) for quarantine, isolation, and period to stay home. Additional recommendations about when to stay home and quarantine are available on [this VDH infographic](#)
- b. If you have, or have recently had, symptoms of COVID-19, please follow the latest testing recommendations on the VDH [COVID-19 Testing](#) page.

2. Vaccination Required:

- a. All in-person participants must be fully vaccinated and will need to present proof of vaccination at the front door of UU-Cville. We cannot admit you to the UU-Cville facilities without this proof. We will accept your original COVID vaccination card or a photo as proof of vaccination.
- b. Please arrive 15 -30 minutes early the first time you come to UU-Cville, so that IMCC volunteers can verify your vaccination status. IMCC will maintain a record of your vaccination, so that you only need to have your documentation verified once. (Note: Each month, 3 volunteers are needed to check vaccination status each Tuesday during that month. Please contact Judy Harmon at opsdirector@imeditation.org if you can serve in this capacity.)

- c. Per [CDC guidance](#), people are considered fully vaccinated 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.
- d. IMCC strongly encourages, but does not require, participants to receive an eligible booster shot(s). [This Virginia Department of Health webpage](#) breaks down VDH recommendations by age and health status.
- e. Free COVID vaccines are available from the Blue Ridge Health District. [Click here for more information.](#)

3. Masks Required:

- a. For the time being, all participants are required to wear masks, preferably N95 or KN95, indoors during all programs. Masks must cover the nose and mouth. Masks must be worn in all public areas of the building-- including the UU-Cville sanctuary, parlor, social hall, hallways, and bathrooms.
- b. Exception: the teacher may be unmasked while on the teacher's seat, as long as she can maintain a physical distance of at least six feet from Sangha members.
- c. Masks are optional in outdoor spaces.
- d. Please bring your own mask. If you forget, a small supply of masks will be available for use on a donation basis.

4. Risk mitigation features of the UU-Cville space

- a. Three high-quality air purifiers will be in place in the Sanctuary room for our Tuesday evening gatherings.
- b. UU-Cville's HVAC system was recently upgraded, and a large ceiling fan in the Sanctuary room further promotes air quality.
- c. The large size of UU-Cville's facilities allows for adequate physical distancing.
- d. Additional information:
 - [UU Cville COVID Safety Protocols](#) (March 2022)
 - [UU Cville Building Task Force's reopening recommendations](#) (March 2022)

Questions?

If you have questions or concerns about IMCC's COVID-related policies and procedures, please contact Judy Harmon at opsdirector@imeditation.org.