

# COVID-19 Guidelines

We will be continuing to monitor the Center for Disease Control (CDC) COVID-19 updates and keep you informed along the way as more details become available. Your health and safety are of utmost importance to our team.

To make this journey as full of ease as possible, we will be following all current CDC-required COVID guidelines as well as the requirements set forth by the Dreaming House. These requirements are at your own cost, however we will support you in making the on-site protocols happen while in Mexico City and in Teotihuacan.

As our journey begins from the moment you sign up, we highly recommend travel insurance - here is one suggestion: [Travelers Insurance](#).

**Before we see you at the Mexico City airport on arrival day, each participant and staff member is required to be tested within 72 hours of your scheduled flight** and stay quarantined during the time between testing and arrival at the departure airport.

**If you are fully vaccinated**, you are no longer required to be tested prior to departure, however we need a copy of your CDC record card as proof of being fully vaccinated for COVID-19. Send to [sarina@heatherashamara.com](mailto:sarina@heatherashamara.com).

**At least 4 hours before your scheduled flight**, please send your CDC record of full COVID-19 vaccination **OR** forward your results from your COVID-19 test from the medical facility or pharmacy it was completed at via email to [sarina@heatherashamara.com](mailto:sarina@heatherashamara.com).

Please note, if you aren't getting a rapid test it may take up 48 hours for results to be confirmed. If doing the rapid COVID-19 test, it may take up to 2 hours for results to be confirmed.

**Either way, we need documentation of a.) full COVID-19 vaccination or b.) a negative COVID-19 test within 72 hours of your flight departure.**

At this time, we are not required to retest upon landing, however please be prepared that additional screening may take place depending on current guidelines. We'll let you know as we get closer if any guidelines have changed.

Once we've landed, please wash your hands thoroughly (and change your mask if needed) after going through Immigration and Customs so we get

into our group transportation properly sanitized. We will travel to The Dreaming House and upon arrival, our luggage and bags will be sanitized before entering the rooms. Each participant will also have their temperature taken before being shown their assigned room.

While at The Dreaming House and during our entire training time, everyone will be required to wear masks while in our common spaces (dining hall and store.)

### **Dining Hall and any other places Dreaming House Staff Are Present**

- You must wear your mask indoors when interacting with the Dreaming House staff (regardless of your vaccination status)
- Stay at least 6 feet away from the Dreaming House staff whenever possible
- The dining room is set up for social distancing and we will be the only group present on the grounds.

### **In the Teaching Spaces**

- The CDC has said if you are fully vaccinated you do not have to wear a mask when in the company of other fully vaccinated individuals
- We will set up the space so everyone is 6 feet apart if we are indoors and then you are at choice (with consent) to move closer to other individuals
- If we are outdoors (a lot of firewalk training will take place outside due to having open fires) you do not need to wear a mask unless you are within 6 feet of someone or have consent from the person you are within 6 feet of
- Regardless of vaccination status, please be mindful to give yourself and each other some space unless you have explicit permission from the person whose space you are moving into (this includes, but is not limited to standing, hugging, sitting beside, etc.)
- Let's all do our best and be patient as we navigate these new guidelines and protocols around being in-person again

### **In Your Own Room**

- You do not need to be masked while in your room unless a Dreaming House staff member is present
- All rooms are cleaned and sanitized daily.

We will be asking all training participants and staff not to leave The Dreaming House grounds except with our group to keep us in our bubble and as contained as possible from exposure to COVID-19.

After our training has come to completion, everyone is required to be tested before your return flight(s) to the USA. Transportation from the Dreaming House to the airport is provided and will be scheduled to allow extra time at the airport for testing. All air passengers going back to the United States, including U.S. citizens, **are required to get tested with** a viral test no more than 3 days before your flight departs. The test result must be negative. Keep a copy of your test results with you during travel in case you are asked for them.

**Mexico City Airport provides COVID testing at the entry to the terminal prior to checking in for your departure at your airline. You will have to pay for your test.** Please allow extra time for testing and filling out the declaration form.

If you have been vaccinated for COVID-19, FEMA has suggested bringing your vaccination card with you as you travel in case it is needed.

Thank you for following these guidelines and being part of our intimate group that will be going on this journey through Firewalk Certification together. Just like at a literal firewalk, we'll each have to take our own responsibility as a member of the collective group. We get to practice showing our love for others in each action we take to protect one another and create an environment where we can thrive and lead by example.

\*\*Please note since this training is nearly a year away, we will be updating these guidelines as our training dates approach.