



Rustic Mama Retreats

Relax • Refresh • Reconnect

We are beyond excited to get back to retreating! It's been a long hard few months for us here at Rustic Mama Retreats and we have missed you all! We hope you are excited as well. We know that this new world we are living in may make you wonder how your retreat will look, so we wanted to lay it all out and update you on our new protocols. We have been working closely with Public Health and our venues to make sure our events are as safe as possible!

Here is how we are going to do it:

Capacity and Social Distancing: The government currently has restrictions in place regarding the amount of people that can gather in one place. 50 for indoors, 100 for outdoors. Therefore our retreats will look a little smaller than you may be used to, but that will hardly limit the amount of fun we will be having! We will be capping all our events at 50 people max, including our staff members. We will also be keeping workshop breakout groups small in order to maintain social distancing, and we will be disinfecting all equipment before and after each use.

Arrival Screening and Contact Tracing: Upon arrival at any event, every individual will be screened, have their temperature taken and will fill out a contact tracing form before entering the regular registration area.

Masks: Masks will be provided to you upon arrival and will be required to be worn when inside all buildings, hallways and washrooms, except your own sleeping quarters. You are highly encouraged to bring your own as well so you can change them throughout the weekend.

Sleeping Arrangements: Cabins/Rooms will be assigned in accordance with who you registered with (your social bubble) and only those people. If you are a group of 6, it will just be the 6 of you. Only 2? Then just the 2 of you per cabin. Coming as a solo traveler? Then you will have a sleeping quarter all to yourself. Washrooms will also be assigned. You will have access to the washroom closest to or inside your cabin space in order to spread people out around the camps.

The only public washroom will be in the dining hall. All washrooms around camp will be cleaned and sanitized regularly in accordance with public health guidelines.

Meals: All food will be served Cafeteria Style Camps have installed plexiglass shields and all servers will be wearing masks. Everyone going through the line to get food will also be required to wear their mask and maintain 6ft social distance from the person in front of them. You will be assigned a table for seating and that will be your table for the entire weekend. It will be labelled and not used at any other time, so you know your eating area will be kept safe. Hand sanitizer will be provided at all dining tables. Again, you are highly encouraged to bring your own as well.

Entertainment: If you've been to a Rustic Mama Retreat before you know we look forward to our evening entertainment! Well fear not! That is still happening! Friday and Saturday nights will be filled with some incredible comedians, improv talent or magicians! All entertainment will be outdoors whenever possible and socially distanced. Entertainment will be different depending on the retreat you are attending, so look for that in a more retreat based email coming your way closer to the event!

Your safety is our biggest priority! We want to make sure everyone who attends a Rustic Mama Retreat is kept safe and remains healthy! The way to achieving this is by working closely with Public Health, abiding by all Government Guidelines and making sure you are informed!