



# 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. 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% capacity, 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.

**Vaccine Passports, Arrival Screening and Contact Tracing:** Upon arrival at any event for Fall 2021 onward (until the Ontario government lifts the mandate), every individual will need to be fully vaccinated and present their vaccine passport upon arrival. They will also be screened and will fill out a contract tracing form before entering the building.

**Masks:** Masks will be required to be worn when inside all buildings, hallways and washrooms, except your own sleeping quarters and while eating and drinking. You are highly encouraged to bring a few masks with you 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 whenever possible. If you are a group of 4-6, it will just be the 4-6 of you in your cabin. Coming as a solo traveler or as a duo? Then whenever possible

We will still attempt to provide you with individual bubble accommodations, but you may need to share with one other duo or single if there is a lack of individual cabins.

**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. Hand sanitizer will be provided at all dining tables. 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!