



We are beyond excited to get back to retreating! It's been a long hard few years 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:

Vaccine Passports, Arrival Screening and Contact Tracing: As of March 14th, the Ontario Government has lifted the vaccination passport mandate. We will no longer be checking the vaccination status of our guests. We do ask that all guests self screen prior to arrival and do not attend events if they feel sick or have been in contact with someone experiencing symptoms related to Covid. Should multiple cases be reported after an event, all guests will be notified so they can monitor for symptoms.

Masks: As of March 21st the Ontario Government has lifted the mask mandate. You are no longer required to wear a mask at the retreat, but can certainly do so if you wish. Some locations will require you to wear a mask while getting food from the buffet line or when getting into a harness for adventure activities but this information will be communicated with you via email on a specific per event basis if required.

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 6+, it will just be the 6+ of you in your cabin. Coming as a smaller group or solo traveler? Then whenever possible we will still attempt to provide you with individual bubble accommodations, but you may need to share with one other small group, 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. At certain locations, guests may be required to wear their mask and maintain 6ft social distance from the person in front of them while in the buffet line. 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!