

TRACING RIVERS of ANCESTRAL CONNECTION: REGISTRATION CHECKLIST, AGREEMENTS, and COVID-19 Protocols/Practices

Your registration is complete and your space in the program is secured when:

1. Completed registration form (including agreement with our policies) is submitted
2. Full deposit is paid.
3. Online Health Questionnaire and Release Form are completed (Provided later)
4. You receive an email stating your registration and payment have been successfully processed/

***** PLEASE DO NOT MAKE NONREFUNDABLE TRAVEL ARRANGEMENTS UNTIL THE PROGRAM HAS BEEN CONFIRMED *****

Peter and Laurie will notify you when the program has been confirmed. Program guides are not responsible for costs of travel arrangements made before the program has been confirmed for sufficient enrollment.

Please leave all mood/perception altering substances at home.

Laurie and Peter as guides reserve the right to refuse service to anyone for any reason. We also reserve the right to screen participants for compatibility with this program. For the safety of all participants, we require that participants be in good physical, mental and emotional health. We reserve the right to refuse service based on our assessment of these or other criteria.

PAYMENT POLICY

Deposit: Payment of the deposit reserves your space in a field program – registrations are not complete and your space is not reserved until the full deposit has been received.

Final Payment: Final payment is due by April 1, 2022. Please submit your final payment to the PayPal or Venmo account indicated in the registration form. You will receive a reminder. When registering after April 1, please pay the entire program fee.

CANCELLATION POLICY

CANCELLATION BY Program Guides: If a minimum number of registrations are not received three to four weeks prior to the start date, the program may be canceled. If this occurs, registered participants will be offered a full refund, or deposits may be transferred to another program within one year of the cancellation date.

Peter read the standard and covid particular cancellation policies below

CANCELLATION BY YOU: To enroll in Tracing Rivers of Ancestral Connection is to invite your soul to a potentially life-changing journey, a journey of deepening into a soul-infused life. It's not unusual for fear, resistance, or an apparent scheduling conflict to surface as the time of your program nears. We believe that whatever arises is a part of your journey and is ripe with opportunity and meaning. The following cancellation policy is designed to support you in keeping your date and to support our staff and guides as they prepare for your program:

1. Deposits are non-refundable.
2. If notice of cancellation is received prior to 30 days before the program start and before the program has been confirmed, you will receive a refund of all payments minus the deposit.
3. If notice of cancellation is received within 30 days of the program start and/or after the program has been confirmed, all payment is forfeited.
4. Cancellation of River's Bend cabin reservations will be handled through Rivers' Bend but will follow similar timelines.

COVID-19 POLICY AMENDMENTS:

If you cancel your enrollment due to suspected exposure or symptoms of COVID-19 within 14 days of the start of the program we will refund 75% (OR 50%??) of the program fees (or if we plan for another program, a credit can be held for that program. This transfer will incur a \$75 processing fee to cover our administrative expenses

Cancellation of the Program

Notice of cancellation of this program due to local COVID-19 concerns or an overwhelmed local medical system will be emailed to participants no later than 30 days prior to the start.

Some programs may be cancelled due to local, state, or federal restrictions within 30 days of the program start, including cancellation the day the program starts.

If a guide tests positive immediately prior to the program and a suitable replacement cannot be found, the program will be cancelled.

If the number of participants is substantially reduced due to COVID-19 exposure, symptoms, or infection, the program may be cancelled, including cancellation the day the program starts.

If a program is cancelled or moved to an online format due to COVID-19 concerns, we will transfer your payment to the rescheduled program so long as that it is possible for you to attend.

Here are COVID 19 Protocols and Policies we'll be asking everyone to follow to support the health of everyone participating. Keeping participants and guides safe is essential, along with doing our part to slow the spread of the virus.

- Following CDC guidelines for domestic and international travel is recommended and strongly encouraged.
- We encourage practice of safe protocols in the weeks leading up to the program and before travel including frequent hand washing, mask wearing when appropriate, maintaining social distance, diligently covering coughs, sneezes and robust laughter, etc.

In the days before and during travel, please consider the impact on guides, other participants if you were to develop COVID-19 during the program, and do everything you can to minimize that possibility.

- If you choose to carpool, you will be considered a “cohort”/“pod” with those in the carpool. If one or more people in the carpool cohort test positive for COVID-19 at the start of the program, or at any time during the program, all participants in the cohort will be dismissed from the program.
- River’s Bend may or may not have appropriate lodging for you available for quarantine (this would require a cabin with private bathroom and way to make food). There would be no access to the group kitchen. By testing ahead of time, you will hopefully reduce the chances of a surprise positive test when arriving on site
- Masking during programs is required at all times when indoors and within 3’ of others outdoors
- Social distancing during programs is required when unmasked outdoors and at all times when indoors
- Testing:
 - Antigen or PCR testing required for all guides and participants 3-4 days prior to the program (you will procure a test for yourself like Binex antigen test (by Abbot) that's available at most stores like CVS or Walgreens or utilize tests available at local clinics or other testing sites. Please note that rapid antigen tests may be in short supply).

If you test positive, call us and go obtain a COVID PCR test. Do not travel to the program unless you subsequently receive notification of negative result via PCR test. We will count on an honor system and self-reporting any positive tests.

(Rapid/Antigen) testing required for all guides and participants at the start of the program. Please plan to bring your test with you, or, if you need us to procure one for you, we will plan to have extras and happy to share if you cover the cost (currently \$12/test). If you test positive, you will be referred to a local testing center to confirm the positive. You are released from the program

Laurie has been practicing these protocols with Animas Valley institute programs over the last Fall multiple times, and they work well!

You will note that River's Bend is in a rural area with access to a hospital 45 minutes away. There is a healthcare clinic locally, in Boonville, 10 minutes away, open Monday – Friday only. PCR testing is available in Ukiah, Monday – Friday. If you have health insurance or are acquiring travel health insurance, be sure your policy includes coverage for COVID-related expenses.

If you have any major health risks, or you cannot comply with our COVID protocols, we ask you to consider waiting for another moment in time for this program.

We are monitoring the evolving situation and designing or adapting protocols that are suitable for this "in the field" programs.

GENERAL COVID-19 Considerations, based on many sources of medical information to ensure you are informed:

- The spread of COVID-19 continues with new variants. For up-to-date information, visit CDC's coronavirus disease situation summary page.
- The primary variant are much more transmissible than the original strain of COVID-19.
- Individuals over age 60 and people with existing health conditions continue to be at high-risk for poor health outcomes from a COVID-19 infection, although infection can lead to hospitalization for all ages.
- Person-to-person spread of COVID-19 occurs mainly by respiratory and aerosol transmission. Good hygiene practices, mask wearing, social-distancing, self-quarantine and staying home can help prevent transmission and slow the spread of the disease.
- Vaccination protects individuals from COVID-19 infection and serious complications. Breakthrough infections after vaccination are possible, but less likely to lead to severe symptoms or complications from the SARS-Cov-2 Virus. Individuals who are vaccinated are capable of becoming infected, serving as a viral reservoir, and passing on the virus to others just as readily as someone who is not vaccinated.
- The CDC continues to recommend that fully vaccinated people take steps to protect themselves and others in many situations, like wearing a mask, maintaining appropriate social distance from others, avoiding crowds and poorly ventilated spaces, and washing hands often.
- Researchers studying the original virus previously documented that gatherings in outdoor settings were of very low-risk of spreading infection.
 - o We take extra precaution when there is no new data to support previous findings.
 - o We do not require program participants to be vaccinated. It is known that fully vaccinated individuals are at less-risk for becoming infected and experiencing serious symptoms from infection than unvaccinated individuals.

- All participants, trainees, and guides are required to buy a COVID-19 antigen self-testing kit and to use it as follows:

Additional resources:

- World Health Organization Coronavirus information
- <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- <https://travel.state.gov/content/travel/en/traveladvisories/ea/novel-coronavirus-hubei-province-china.html>

With appreciation and well wishes for our collective health,

Laurie and Peter