

Dharma Recovery Meeting Guidelines  
per Dharma Gate Zen

1. Wear mask
2. 6 feet distancing
3. Handsanitizer when you enter facility.
4. Temperature check
5. Shoe Room: 2 people at a time  
(same as when leaving)
6. Registration sheet: initial/name  
(In case Covid-19 has been exposed at Center/Facility)
7. Chairs (encourage): wipe down
8. Mats: steam clean; 2 inches above mat and allow to air dry
9. Open windows/Close windows
10. Bathrooms/All Surfaces/ Pens: wipe everything down: knobs, sink, toilet, etc. that individuals have touched
11. Zoom meeting if possible (hotspot). No Wi-Fi at Center/Facility.
12. If using Dharma Recovery box, wipe down everything (PDFs coming soon for phones/tablets)