



Heartspring Retreats

Covid 19 Safety Procedures and Policies A statement from Maddie Mayfield (Founder)

Of course your safety is our absolute priority, so here are our Safety Procedures to help look after you during your stay. Do let us know if you have any specific needs relating to these, that we can address.

The Retreat house is owned by another and she is taking measures as recommended by her insurance company about best practice for a holiday cottage.

So the house will have had a deep clean before we arrive and obviously all bedding and towels will be freshly laundered. She has had to lock away all books and ornaments in the house so that they do not form a potential hazard and all the kitchen equipment has been doubled up, so that each "set" will be in a fortnightly rotation so it has 7 days without anyone touching it.

My measures are as follows:

Each bedroom will have its own assigned bathroom (although not necessarily beside the bedroom other than the en-suite room).

The retreat is only for 4 to 6 participants at a time (maximum)

There will be hand sanitisers in every room.

I will ask people to wash their hands very frequently in their own bathrooms.

I will ask that if anyone has any symptoms of Corona Virus that they must not attend. Also if they have been in contact with anyone with the virus within the 2 weeks before the retreat, then they must not attend.

This obviously applies to me and my husband as well, whereupon the retreat will be cancelled and full refunds offered.

I will also see if it is possible for me to have a test the day before the retreat to make sure I am not carrying the virus without symptoms. Also as I am the person making the food, I can wear gloves where necessary.

The Dining Room, Lounge and Rose Sanctuary are large so can easily accommodate social distancing. We will follow whatever is current at the time and yet also knowing that 2m distance will be possible at most times even if the government does reduce the required distance.

I will encourage people to wear face coverings within the buildings when near others and not to touch anyone else.

We can provide disposable masks and gloves.

Normally in our retreats we use our little mini-bus to take people to the beautiful places in nature nearby and to our Rose Sanctuary. We will still offer these journeys if they are wanted, either in our mini-bus with everyone wearing masks etc, and people can travel in their own individual cars if they have arrived in one and are happy to use it during the retreat. However the retreat can easily be run from the Retreat House with no trips needed in any vehicles as Bigbury on Sea is a stunning location just on its own.

There are daily meditations outside where social distancing will be easy.

I hope this list is helpful and again, do let us know if there's anything else that might make your stay feel safer.

Of course if the Government or local authorities create another Lockdown in Devon during the dates of your booked retreat, we offer either a full refund of the money you have already paid or you can always postpone to any of our future retreats this year or next.

Sending you best wishes and hoping all continues to be well for you,

Maddie