



251 Young Street
ANNANDALE NSW 2038
www.szc.org.au

Conditions of Entry for all Visitors to the Annandale Zendo

You are not permitted to enter the Zendo if you:

- Are required to enter quarantine or to self-isolate under the latest NSW Government rules: [NSW Govt: Quarantine](#)
[NSW Govt: When you must self-isolate](#).
- Have visited locations or premises that put you in the categories:
 - *Self-isolate and get tested immediately, or*
 - *Monitor for symptoms.*Before visiting the Zendo, please check the latest list of locations, time and dates: [NSW Govt: Latest news and updates](#)
- Are experiencing any flu-like symptoms (sore throat, runny nose, persistent cough, shortness of breath, fever).
- Are feeling unwell.

If you are in a high risk category (e.g. over 70 years), or living with or caring for someone in a high risk category, you should consider carefully whether you wish to attend the Zendo. An alternative is available, as SZC will continue to provide an on-line meditation program.

If you are not subject to any of the above conditions for exclusion, you must be willing to agree to:

- Pre-register with SZC at least 24 hours ahead, providing your name and phone number or email address, and consent to SZC providing these contact details to the NSW Department of Health or other relevant party if required for contact tracing.
- Wear a mask whilst at the Zendo, in line with the NSW Chief Health Officer's specific recommendation for places of worship.

- Leave the Zendo immediately if you become unwell, after notifying a teacher or leader.
- At all times, maintain social distancing measures (as per NSW Health Guidelines).
- Maintain good personal hand hygiene by washing your hands thoroughly and /or using hand sanitiser.
- Maintain good respiratory hygiene by coughing or sneezing into your elbow or a tissue, and then disposing of tissues immediately.
- Acknowledge that you may be asked to wait, or be refused entry in the event that the Zendo has reached its total capacity under NSW Health social distancing requirements.

Please note that to further minimise the risks, meditation meetings at Annandale will operate on a modified basis, which will mean:

- No sutras.
- No private interviews. (For SZC members, Subhana and Gilly are both offering phone interviews by appointment).
- No tea and biscuits, and no use of the kitchen. If you think you may need a drink of water, you will need to bring your own bottle.

Thank you for your cooperation and welcome back!