



251 Young Street
ANNANDALE NSW 2038
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, and you wish to attend the Annandale zendo:

- You must pre-register via info@szc.org.au and receive confirmation of your registration.
- We strongly recommend that you bring and wear a mask, in accordance with the NSW Government's advice.

You should:

- Leave the Zendo immediately if you become unwell, after notifying the 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.

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

- 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!