

IFS Level 2 Netherlands Retreat COVID Policy

1.05.2023

Introduction

The following guidelines are based on an official document issued by IFS Institute in August 2022. The document is called: "COVID GUIDELINES FOR INTERNATIONAL TRAININGS: Health and Safety Protocols for On-Site Sessions".

Enrolling on the training means that you accept all of the following rules.

Be aware of the following:

- Training members, staff and other participants may travel from places near and far, sometimes internationally.
- An individual's comfort level regarding on-site, indoor meetings can change as COVID levels, COVID protocols, and personal circumstances change, sometimes unexpectedly.
- If you are uncomfortable with the possibility of COVID protocols being lifted or imposed at any time, or if you cannot - or do not want to - attend an on-site session where there are no COVID protocols required, or if cannot - or do not wish to - abide by protocols that may be required (or may need something other than these protocols), you should consider withdrawing from the training.
- If a trainer feels sick with COVID-compatible symptoms before the start of the training, the training will not take place onsite. It will be run in an online format (if possible, without changing the dates of the training), and you will be able to withdraw with a full refund.
- The guidance of, and protocols approved by, the relevant authorities (national, regional or local) in the country where an IFS training takes place shall be followed at all times, together with the guidance of the training venues.
- Therefore, if required by the authorities and/or the training venue, all training participants and staff must observe health and safety protocols at the training site (for example, wearing a mask, being vaccinated, practising social distancing, getting tested, etc.).
- Required protocols can change; they can be lifted or imposed at any time before the training starts and while it's actively in session. The training organiser will ensure that protocols in force are always complied with.
- While travelling: Trainers, staff, and participants are responsible for determining and following any protocols that might be in effect during their travels and for understanding and following any protocols where they lodge, eat, shop, etc.

During the training:

- If you are feeling sick or having COVID-compatible symptoms before or during the training, you will be invited to either (a) do a COVID test; or (b) wear an FFP2 mask at any time (including in meeting rooms, bathrooms, lobbies, etc.); or (c) leave the training (in such a case, you will be able to stay in the venue and continue your participation in an online format).
 - Under (a) above, if the test results are positive, you will be invited to leave the training room, or if no other more restrictive measure is applicable according to local protocols, wear an FFP2 mask at all times (including in meeting rooms, bathrooms, lobbies, etc.) and keep a social distance of at least 2m at all times with any other participant, trainer or staff member. You will be provided with an additional pack of tissues for your use.
 - If you need a break from wearing the mask, you will be invited to step outside and return when ready to wear the mask again (keeping in mind that this affects the number of completed training hours you need to receive the Certificate of Completion).
- Whenever you decide to leave the training room or are forced to do so (if the local protocols require), you can continue participating by attending online.
 - We will provide you with guidance regarding joining the training online. You can stay in your room, in the restaurant, or outside hotel facilities (per the location's local COVID guidelines), being connected to the hotel wi-fi.
 - We will provide you with headphones with a good microphone so that you hear the trainer and the group properly and also so that the trainer and the group hear you without any trouble.
 - The group will see all of the online participants on a big screen, and the online participants will be able to comfortably see the Lead Trainer and the whole group on their laptops.
 - Please note that your practice group may be affected even if you don't get COVID. If someone from your group gets ill, this person will need to shift to an online connection, making your group a „hybrid” group.
 - We suggest you take a laptop with you, just in case you get COVID and need to use it to connect to the training through Zoom. We won't be able to provide you with a laptop if you don't have one. We will provide you with good-quality headphones.
- We're aware that some places have health and safety protocols that sometimes are not followed or enforced (we've all probably been to stores and other places where this has happened). Out of respect and consideration for all training members and to remain in compliance with required protocols, we expect that everyone attending the training will adhere to the requirements in place during the training.
- We will have antigen tests and FFP2 masks in the venue for your use if needed.

If the trainer feels sick during the training:

- If a trainer feels sick with COVID-compatible symptoms during the training, he/she will be invited to do a COVID rapid test.
- If the test results are positive, the ongoing training session will be moved to an online format.
- If the trainer cannot continue, the training will be stopped.
 - In this scenario, the rest of the training will be rescheduled and continued online on other dates.
 - For the remaining training time (while in the venue), the organisers and PAs will facilitate IFS demonstration sessions and more practice groups so that you can practice your skills under the supervision of PAs.
 - In this scenario, any refunds will not be possible.
- If the test results are negative, the trainer will decide whether she/he is in a condition to continue the training.
 - If the trainer decides to stop the training, the rules in the paragraph above shall apply.
 - If the trainer decides to continue the program, if no other more restrictive measure is applicable according to local protocols, the trainer shall wear an FFP2 mask at all times during the remaining part of the training session (including in meeting rooms, bathrooms, lobbies, etc.) and keep a social distance of at least 2m at all times with any other participant, trainer or staff member.
 - In such a scenario, you can shift to an online format if you feel uncomfortable continuing the training in a training room.
 - If the sick trainer needs a break from wearing the mask, he/she should be invited to step outside and return when ready to wear the mask again. A second rapid test shall be done the day after. Depending on the results, the rules above shall apply.