

COVID GUIDELINES (4/19/23)

In view of the current trend of COVID becoming much less lethal for most people and acknowledging the reality that in our society very few are wearing masks, we are updating our COVID protocols. Each of us, however, has our own individual risk factors and comfort levels and we must decide for ourselves if these protocols are adequate for us. There is no expectation that these protocols be a substitute for your own judgment about whether participation in group zazen at PZC is right for you.

General

1. Wearing of masks is now optional at the Pālolo Zen Center.
2. Those wishing to wear a mask while at the Zendo are welcomed and encouraged to do so.
3. Two areas will be reserved for the exclusive use of those wearing masks (KN95 or N95, please):
 - On the deck outside the Zendo, where we will continue to keep cushions set up for this purpose, and
 - In the small Zendo.
4. Those wearing masks are also welcome to sit in the main Zendo along with those who may choose not to wear masks.
5. In dokusan, Michael and Kathy will keep a mask on hand and will wear it whenever a student enters wearing a mask.
6. Vaccinations and boosters are no longer required for attendance and participation in HDS/PZC events because it has been shown that vaccination does not prevent you from contracting COVID, but helps you to have milder symptoms if infected.
7. All other current protocols, such as maintaining six feet of distance between cushions and between us in kinhin will remain in place until further notice.
8. Don't come to the zendo if you have a cold or if you have flu like symptoms. If, for any reason, you find yourself coughing, sneezing, sniffing, etc. while you are at the zendo, please leave on your own or when asked to leave.
9. Please sanitize your hands frequently. Hand sanitizer is readily available.
10. The current safe distancing capacity of the temple is 30 (19 in the main zendo, 5 in the small zendo and 6 outside), which will be monitored by the Jisha. Additional arrivals beyond that will be asked to return another time.
11. If you come late or plan to leave early, please use the kitchen stairs and put your shoes on the shoe rack by the kitchen so that dokusan is not disturbed.

Zazen

1. All zabuton are placed at least six feet apart. The main zendo has 19 seats (see attached chart)
2. The small zendo has five places.
3. For those who prefer to sit outside, a few zabuton are placed along the outside of the altar wall with room for more if needed.

Kinhin

1. Please be careful to maintain the six-foot distance between each other during kinhin (but not larger than six feet).
2. The Jikijitsu will lead kinhin inside the zendo and the Jisha will lead/monitor the outside kinhin.
3. Everybody sitting outside the zendo will begin kinhin clockwise around the outside of the zendo.
4. People sitting in the small zendo will exit the small zendo and proceed straight ahead in kinhin toward the back of the zendo.

5. Those doing outside kinhin will return to their seats at a normal walking pace at the sound of the jikijitsu's clappers.
6. People using the bathroom can join the end of the outside kinhin line as we do at sesshin during outside kinhin or wait along the railing outside the double doors to the residence hall. After kinhin, bow with everyone and return to your seat. If there is no one doing outdoor kinhin, you may proceed to stand by the railing outside the zendo.

Dokusan

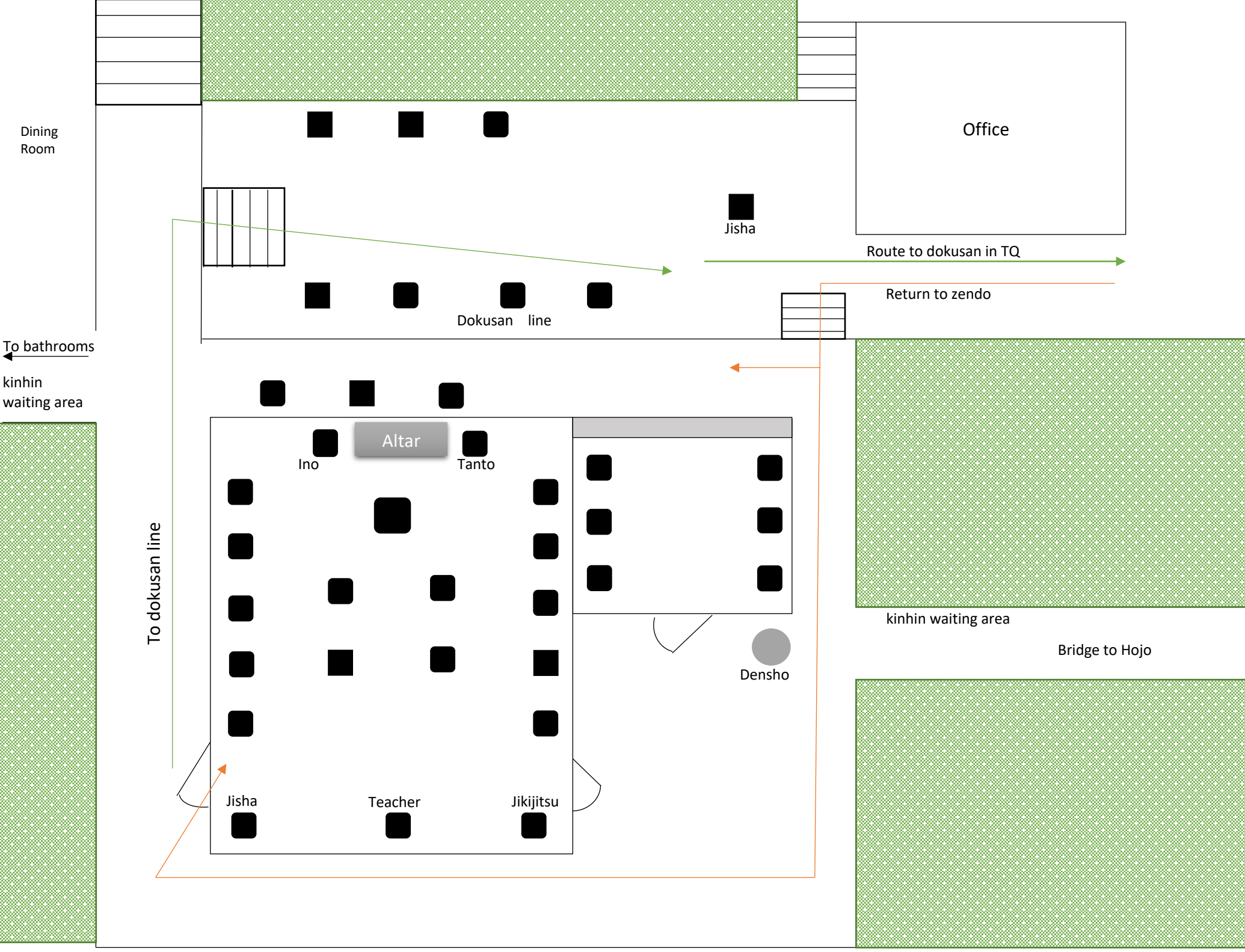
1. Dokusan will be held in the Teachers Quarters (TQ) in the dining room area.
 - a. Windows and sliding doors will be kept open for maximum air flow
 - b. The student mat will be placed 6-8 feet away from the Teacher – so speak up.
2. The dokusan line will be on the lanai where the tables against the wall usually are (see the zendo map).
3. The dokusan line will consist of eight seats, the usual number, all spaced at least six-feet apart along the perimeter of the lanai.
4. The path to dokusan will be from the lanai, past the office and bathrooms and into the TQ.
5. All bows will be standing bows.
6. When returning to the zendo after dokusan, wait by the library door until the next person passes into the TQ. Then proceed up the stairs by the office (if sitting outside, go to your seat from the top of the stairs), around the back of the zendo and into the zendo via the usual door by the Jisha seat.
7. If people are doing kinhin when you finish dokusan:
 - a. join the outside kinhin carrying your zafu. If you wish, you can drop off your zafu out of the way closest to where you are seated, OR
 - b. wait until the way is clear then walk to the Hojo bridge, wait for kinhin to end, then return to your seat after the kinhin ending bow.
 - c. If you need to use the bathroom after dokusan, wait until kinhin is done. If you have joined kinhin you may peel off to the bathroom when you get to the residence hall entrance. Do not use the bathrooms by the office or library during dokusan. Do not cut across the deck by the dokusan line or above the dokusan line by the cushions on the upper deck- go all the way around the zendo and then to the bathroom.

Tea/Kitchen/Residents Hall

1. For the safety of the residents, the residence hall (except for the main bathrooms) is off limits entirely for any reason.
2. Tea will be served on the lanai on Sundays after the sitting. Masks are optional.
3. After sittings, some people may want to visit a bit. Please remember to keep social distance.

Questions and Suggestions

1. For questions, please ask any of the Tantos, particularly the Tanto on duty for the month.
2. Those responsible for maintaining and dealing with suggested changes to these guidelines are:
 - a. Clark Ratliffe – clark.ratliffe@gmail.com or 808-386-5645
 - b. Kendra Martyn – kendramartyn@yahoo.com or 808-348-1697
 - c. Bob Buss – rgbuss999@gmail.com or 808-381-3292



Dining Room

Office

Jisha

Route to dokusan in TQ

Return to zendo

Dokusan line

To bathrooms

kinhin waiting area

To dokusan line

Altar

Ino

Tanto

Densho

kinhin waiting area

Bridge to Hojo

Jisha

Teacher

Jikijitsu