



Please note that Adventure Ashram are monitoring the spread of the Coronavirus and staying up to date with official information from the World Health Organisation and NHS UK. In the meantime, our partner venue, The Hollington House Hotel will be taking the following actions:

- Offering multiple sanitiser stations located around the hotel; main entrances, reception, high congregation areas (e.g. Main Bar), rooms, and bathroom facilities.
- Additional cleaning staff will be conducting hourly cleaning of all common surfaces, bathrooms, handrails, tables, bar tops, etc.
- Staff will wipe surfaces with disposable antiseptic wipes and cleaning products that are effective against common disease-causing organisms

With this in mind, we would also like to reiterate the current recommendations provided by the NHS UK on how to avoid catching or spreading coronavirus:

DO

Wash your hands with soap and water often – for at least 20 seconds

Use hand sanitiser gel if soap and water are not available

Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze

Put used tissues in the garbage straight away and wash your hands afterwards

Avoid traveling to areas affected by the viral outbreak

Try to avoid close contact with people who are unwell

DON'T

Do not touch your eyes, nose or mouth if your hands are not clean

In addition, we ASK that all visitors who have travelled to high threat areas in the two weeks leading up to the Rally, or who are experiencing any symptoms, to please stay at home.

As the situation changes, we will keep you updated. If you are no longer able to attend the Rally, please let us know as soon as possible by emailing yasmin@adventureashram.org.