

Zen Center Denver (ZCD) COVID-19 Guidelines February 13, 2022

Definitions/Abbreviations:

ZCD-- Zen Center of Denver; **ZCD Board**—The Zen Center of Denver Board of Directors; **Center**—The ZCD temple facilities at 1856 S Columbine Street, Denver, Colorado; **CDC**—The Centers for Disease Control and Prevention; **State**—The State of Colorado; **City**—The City and County of Denver; **CDPHE**—The Colorado Department of Public Health and Environment; **DDPHE**—The Denver Department of Public Health and Environment

General:

- The ZCD Board sets overall ZCD COVID-19 policy. Policies and procedures will be modified to meet the evolving epidemic and related science. Swift modification of practices may be necessary to respond appropriately to surges and new COVID-19 variants. The ZCD Board may implement additional limits beyond these policies and procedures. The ZCD Board may delegate implementation, including adding additional restrictions needed to protect the wellbeing of Center participants or to comply with emergent government laws/mandates. ZCD leaders and staff will provide guidance as needed to ensure that participants in ZCD activities follow these guidelines.
- ZCD will follow all Covid-19 laws and government mandates, including for workplace outbreaks <https://covid19.colorado.gov/workplace-outbreak-guidance>, and will maintain communication with local and State authorities for COVID-19 requirements and guidance.
- The requirements for Center participants in these guidelines are more lenient than current CDC and local health authority recommendations. While these additional recommendations aren't required by ZCD for participation in on site activities, we strongly advise that individuals choose to follow CDC, CDPHE and DDPHE recommendations such as being up to date on the CDC schedule of vaccination, including boosters. These choices influence not only the individual, but also broader community health by slowing spread of outbreaks.
- Refer to the Colorado State Guidance for Places of Worship for additional guidance considerations. See <https://covid19.colorado.gov/worship-guidance>

ZCD Activities:

- Individuals should *not* come to the Center or other ZCD activities if they have an elevated temperature or other symptoms of COVID-19.
- ZCD on-site participants must be fully vaccinated (at least 2 weeks past the final shot in the primary vaccination series—e.g. 2 RNA vaccine shots).
- ZCD will follow CDC recommendations regarding masking.
- Participants for Center based indoors activities will sign in to facilitate notification in case of an outbreak. They will show proof of vaccination if status is unknown to ZCD..
- The numbers of participants in on-site activities will be guided by the risk of transmission within the community. The maximum number of people allowed at the Center will be set in consideration of disease spread in the community. High numbers may necessitate a return to signing up in advance.
- ZCD will protect those who are at higher risk for severe illness from COVID-19 by maintaining a robust hybrid program with options to participate virtually, or to participate in services that are lower risk.
- ZCD will develop additional appropriate COVID-19 guidelines for Zazenkaï and Sesshin before holding these on-site to maximize safety for these extended services, and may consider rapid testing or masking by participants for prolonged events.

- Exceptions to masking, ventilation and other requirements in this document may be done via the appropriate use of rapid testing just prior to short events or by the creation of a “bubble” as described by health experts for longer events.
- When the Center is only in use by residents and their guests, they only need to follow laws for personal residences and not these guidelines.

Ventilation:

- ZCD will ensure that Center ventilation systems operate properly. HVAC system will be set to allow the maximum circulation of outside air feasible. Downstairs HVAC systems are fitted with MERV 13 filters, which provide minimum recommended air filtration. Windows and doors should be shut to ensure HVAC efficiency downstairs. Upstairs HVAC can only handle MERV 8 filters, thus additional ventilation (open windows and/or Portable HEPA Air Cleaners) is recommended during use for Center activities, and is required when COVID-19 rates are high. Portable HEPA Air Cleaners are recommended downstairs when COVID-19 rates are high. These Air Cleaners are closer to the infection emission sources, thus more effective than HVAC systems at preventing spread.
- Downstairs bathroom exhaust fans should be kept on during Center events. When the upstairs is used for Center events bathroom fans should be on when using the room and left on as long as feasible.
- During Indoor Center Activities: Turn on HVAC system to the continuous fan setting during Center activities and leave on for 2 hours afterwards. Turn ceiling fans on low only, or leave them off, since they only blow air downwards.

Surface Transmission:

- Encourage proper hand washing and hand sanitizer use.
- As feasible, avoid shared use of items that are not easily cleaned when rates are high.
- Cleaning /disinfection after a COVID-19 sick person has been in the facilities: It is recommended to follow the [CDC Cleaning and Disinfecting guide](#). Sanitation is not necessary if more than 24 hours has elapsed since the sick person has been in the facility.

Procedures if Someone is Ill:

- Have a supply of disposable facemasks available for persons with *any* COVID-19 symptoms. A person who becomes sick should be given a clean disposable facemask to wear until they can safely leave. Keep them separated from others as much as possible.
- ZCD activity participants are asked to contact ZCD if they have a positive COVID-19 test, or have been exposed and have any symptoms of COVID-19, after they have attended on-site ZCD events. A designee of the ZCD Board will follow-up to ensure proper steps for implementing these guidelines and following applicable laws.
- If members or participants are exposed to a person diagnosed with suspect or confirmed COVID-19, they will be notified and advised to quarantine or isolate, and to self-monitor for symptoms, as per CDC and CDPHE guidance. They should also get tested for COVID-19 5-7 days after the exposure, or as soon as possible thereafter. Participants are asked to notify the ZCD appropriate contact of any subsequent positive tests or COVID-19 symptoms. See <https://covid19.colorado.gov/isolation-and-quarantine> and <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>. See <https://covid19.colorado.gov/covid19-symptoms> for advise on managing illness.
- Advise members with COVID-19 who do not live at the Center to not attend in-person until they have met CDC and CDPHE criteria to discontinue home isolation. See <https://covid19.colorado.gov/how-to-isolate>.

- CDPHE requires Places of Worship to notify and cooperate with their local public health agency if there have been confirmed or suspected COVID-19 cases at the facilities. If the facility has **5 or more suspected (exposed and any symptoms) or confirmed (positive COVID-19 test)** cases among participants happening within 14 days, **DDPHE must be notified at <https://www.denvergov.org/phi> or by calling 311 (720-913-1311)**. CDPHE also should be notified at 303-692-2700. Contact these entities if there are any questions regarding procedures whenever there has been a confirmed or suspected case at the ZCD facilities. The CDPHE epidemiology department can be reached at 303-692-2700 for advice.
- If resident(s) at the Center exhibit any symptoms of COVID-19, or test positive for COVID-19, or have been exposed to someone who tested positive, events at the ZCD will be canceled and closed to the public while resident(s) receive appropriate evaluation and until they are deemed not a risk of COVID-19 spread.

Resources:

1. DDPHE 311 (720-913-1311). CDPHE Epidemiology 303-692-2700.
2. City and County of Denver (Denver) COVID-19 Website
<https://www.denvergov.org/Government/COVID-19-Information>
3. Denver City COVID-19 Business (employees, etc.) Guidance
<https://www.denvergov.org/Government/COVID-19-Information/Guidance-Resources/Businesses>
4. Colorado State COVID-19 Main Page <https://covid19.colorado.gov>, Resources Page
<https://covid19.colorado.gov/guidance-resources>
5. CO State COVID-19 Guidance for Places of Worship <https://covid19.colorado.gov/worship-guidance>
6. CO State Mask Guidance <https://covid19.colorado.gov/mask-guidance>
7. CO State Ventilation <https://drive.google.com/file/d/1oNUhQx2CCwSsMrbSkIOreAN1Yjp62sYd/view>
8. CO State Workplace Outbreak Guidance <https://covid19.colorado.gov/workplace-outbreak-guidance>
9. CO State Isolation and Quarantine <https://covid19.colorado.gov/isolation-and-quarantine>
10. CO State What to do if ill <https://covid19.colorado.gov/covid19-symptoms>
11. CDC COVID-19 <https://www.cdc.gov/coronavirus/2019-ncov/index.html> | CDC Vaccination Guidance
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>
12. CDC Cleaning and Disinfection Guide: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
13. CDC Ventilation guidance <https://www.cdc.gov/coronavirus/2019-ncov/community/ventilation.html>
14. OSHA COVID-19 Guidance at <https://www.osha.gov/coronavirus/safework> for questions regarding worksite risks.
15. FAQs on Protecting Yourself from COVID-19 Aerosol Transmission. By leading Disease and Air Quality Researchers
16. https://docs.google.com/document/d/1fB5pysccOHvxphpTmCG_TGdytavMmc1cUumn8m0pwzo/edit
17. University of Colorado School of Public Health Colorado COVID-19 Modeling Group Reports
<https://coloradosph.cuanschutz.edu/resources/covid-19/modeling-results>