

Inner Retreat International Travel COVID-19 Precautionary Options

Date: _____

Please note you are not allowed to come to the Inner Retreat or your local Teaching Center or Study Group if you or anyone in your household

- Have been diagnosed with COVID-19 and have not met the criteria for when it is safe to be around others
- Have symptoms of COVID-19
- Are waiting for COVID-19 viral test results
- Are known to have been in "close contact" with a person who has tested positive for the virus in the last 10 days, unless you have documentation of immunity, which could include documentation of infection in the past and recovery.

To prevent COVID-19 transmission, international travelers to the Inner Retreat must fulfill at least one of the precautionary options below prior to being allowed to attend event sessions at the Inner Retreat:

I, _____ (full name), arrived in Montana on _____ (date), and have reviewed and attest that I have completed the following form for myself and any persons in my care who are under the age of 18 or who are dependent on my care,

I attest that I have fulfilled one of the following actions to comply with the international traveler precautionary requirements (please check one):

- Quarantine for 10-days after travel**
- Quarantine for a full 7 days after travel, even if I have a negative test result. Test must occur 3-5 days after my arrival**
- Have documentation of immunity (such as a medical record or statement signed by a licensed health care provider)**

I understand that if I receive a positive COVID-19 test result I must comply with the self-isolation requirements in Montana and/or Park County.

I agree to furnish proof of the negative test or documentation of immunity upon request.

If the above is no longer accurate, I will update this information and inform the designated representative.

Contact Information:

My Address: _____

My Telephone Number: _____ E-mail Address: _____

Please send this completed form to Alan Shaw ashaw@tsl.org or bring this form to the Inner Retreat. A designated representative may contact you to ask for more information.