

Body Electric

CIRCLE OF CARE

Body Electric maintains a standard for all participants to ensure a container that limits all attendees' exposure to conditions that may be transmitted due to close intimate touch during all in-person workshops. Although we are unaware of everyone's health status and needs, we strive to provide an excellent experience with your support.

We ask you to step into a "Circle of Care" for yourself and the group leading up to your workshop. To do so, we ask you to consider implementing these protocols for yourself.

Pre-Workshop Selfcare

Any questions or concerns will be answered and discussed openly with your coordinator. Contact information for your coordinator is in your Welcome Letter.

COVID-19

Since the virus may be carried asymptotically and symptoms may appear before receiving a positive test result, we ask you to consider your well-being and the well-being of others by following these steps. This will minimize your risk of contracting the virus, ensure a negative test result upon your arrival at the venue, and will contribute to keeping the larger group safe.

- 10-14 days from the start of the workshop, reduce your contact with large groups and experiences where the virus can quickly spread.
- Please take a home COVID test (3) days before your workshop. If you receive a positive test result, please contact the coordinator to discuss moving your registration to a future workshop.
- If you are taking public transport to the venue, plan to wear a mask. If you are flying, we recommend you wear a mask at the airport(s) while flying and until you reach the venue.
- Please note any symptoms you might experience which may indicate you are carrying the virus. Common symptoms include fever or chills, cough or scratchy throat, fatigue, headache, muscle or body aches, shortness of breath or difficulty breathing, the new loss of taste or smell, congestion or runny nose, nausea or vomiting, and diarrhea. If you have symptoms within five days of the start of the workshop, please take a PCR test. Be aware that a person with COVID symptoms can test negative for up to 5 days before producing a positive test result. If symptoms appear while in attendance, please notify team members and take a rapid test.
- Everyone attending the workshop must take a rapid COVID test upon arrival at the venue and produce a negative result before entering the venue. Please reference the testing steps included in your Welcome Packet.

Monkeypox

The CDC is tracking an outbreak of monkeypox, which has spread across several countries that do not usually report monkeypox, including the US. The virus is spread through close, personal, skin-to-skin contact with someone who has monkeypox. According to the CDC, since the monkeypox virus is closely related to the smallpox virus, the smallpox vaccine can protect people from contracting monkeypox. The data suggests that the smallpox vaccine is at least 85% effective in preventing monkeypox.

We recognize that many in-person workshops include touch, and it is essential to ensure the well-being of all workshop participants. To minimize your risk of contracting monkeypox, please consider these protocols:

- Reduce/limit intimate and sexual contact with others 3 weeks before the workshop. Monkeypox symptoms usually appear within 3 weeks of exposure to the virus. Perform full body checks daily if you engage in intimate and sexual contact with others.
- If you feel you may have been exposed to monkeypox or if you develop symptoms before the workshop (fever, malaise, headache, muscle aches and backache, swollen lymph nodes, chills, exhaustion, respiratory symptoms, rash, or lesions), please seek medical support and then contact the coordinator to discuss moving your registration to a future workshop. Monkeypox can be spread from when symptoms first appear until the rash has healed, all scabs have fallen off, and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks.
- Please notify team members immediately if you develop any symptoms during the workshop.

Sexually Transmitted Infections (STIs)

With highly contagious and prevalent STIs, we ask you to monitor your sexual health before the workshop. If you feel you may be or know you have been exposed to an STI, please get tested to ensure your well-being and the well-being of all workshop participants. We recommend you reduce or limit sexual contact for up to 7 days before the start of the workshop.

- In-person workshops often involve intimate touch. Before the workshop, if you discover you have an outbreak of a contagious skin disorder (e.g., herpes, crabs, scabies, molluscum, or genital warts) or a condition that is communicable through touch, please contact the coordinator as soon as possible.
- If you develop symptoms of a communicable condition during the workshop, please notify team members as soon as possible.

While Body Electric will continue to monitor the above situations and provide protocols to support the well-being of all attendees, we cannot prevent the spread of any medical conditions. As part of your attendance at this workshop, you agree to the terms and conditions listed in our various operating policies, including our Participation Agreement and Release Policy.

Please contact the coordinator if you have any questions.