



Hoogland's Covid Policy

19 May 2020

Hoogland is private property, and as such the way we manage our response to the novel corona virus pandemic is up to us.

Our approach is guided by medical science and will be adapted as more peer-reviewed research is published.

Due to the nature of the virus, there is absolutely no way to guarantee zero-transmission or zero-infection rate at Hoogland. Anyone entering our property takes full personal responsibility for this. This means that you accept the risk of possibly being exposed to the virus at Hoogland. It also stands to reason that everyone at Hoogland has accepted the same risk, so you do not have to feel the fear of guilt of transmitting it to others.

We do expect staff who are sick to not come to work and guests who show flu- or cold-like symptoms to postpone their visits. This is not only because of COVID-19 but because of all the thousands of other transmissible viral infections which will start to increase as winter approaches.

Hoogland is airy, spacious, uncrowded. We offer heat treatments, water treatments and deep breathing exercises: all which have shown to reduce the risk of transmission significantly.

That said, Hoogland is not a place to hide from potential infection but rather a place to improve your immune system, your overall health and wellbeing. Attending a program at Hoogland is of great value as, should you be exposed to this virus or any other in the future, your ability to recover from it is greatly improved.

In no way do we encourage the spread of the virus and none of the protocols we have in place willfully put people at higher risk. We are acutely aware of the limitations and risks of being human and have decided on a specific protocol in the best interest of our guests and our staff.

Screening

All guests are screened on entry and health monitoring is available daily. Staff are screened daily. This is in the interest of everyone's overall health and not only focused on COVID-19.

Use of masks.

Wearing of masks are completely voluntary and not a requirement for staff nor guests.

Hoogland has masks available for our staff who work in close contact with guests. It is as voluntary for them to wear it as for our guests. Any guest may request that a staff member working directly with them wear a mask and any staff member may choose to wear a mask when working in close contact with a guest.

Guests who have developed flu-like symptoms or develop a new, persistent cough will be asked to wear a mask which we can provide at a reasonable cost. You do not have to wear a mask if you had a cough after laughing at the baboons caused you to choke on your sip of tea.

The world health organization current guidelines on mask wearing is as follows:



Use of sanitizers:

It is worth noting that a healthy biome is essential to overall health of our bodies and our environments.

Therefore, we do not support excessive sanitizing. We continue to support sensible cleanliness and the use of soap and water.

Social distancing

For a healthy immune system, good interpersonal relationships and a relaxed state of mind, touching is essential.

In our spacious surroundings guests can keep any level of social distancing that they are comfortable with.

No guest will ever be forced to touch anyone, and we do not encourage people to invade each other's personal space, but specific social distancing does not have to be adhered to once you are at Hoogland. The only guideline is to respect other people's space as you would expect them to respect yours.

Medical consultations, treatments, tests, massage therapies and beauty therapies continue as per normal.

Testing:

Hoogland has several COVID testing kits available should you want to do a test. Please bear in mind the limitation:

1. If you test negative today it does not mean that you have never had the virus as you could have had an asymptomatic infection previously
2. It could be a false negative
3. It does not mean you will not get the virus in the future.

Testing for anti-bodies have significant limitations in that there are many strains of corona, some of them with very similar genomes to the novel one causing COVID-19. Therefore, testing for anti-bodies does not necessarily give an indication of whether or not you have had and recovered from this novel corona virus.