



## THE SCHOOL OF CONTEMPLATIVE LIFE

### **Participant Code of Conduct**

The School of Contemplative Life (SoCL) requires anyone participating in any activity we offer to agree to conduct themselves in a safe and appropriate manner, to help provide a positive experience for all, that is free from discrimination and upholds and promotes equality, diversity and inclusion.

The Code of Conduct applies to events held in person and online and for the whole duration of an event that a participant is attending.

All event participants (including members of the public, staff, volunteers and teachers) must read and adhere to the Code of Conduct. By attending an event, a participant automatically agrees to follow this Code of Conduct.

As a participant, you must:

- Treat everyone with respect, dignity and consideration. All forms of harassment, bullying, victimisation are prohibited;
- Maintain appropriate boundaries in digital and in-person settings;
- Communicate in a manner appropriate to the event, in a polite and non-disruptive manner, only making comments that will not hurt or upset anybody and are relevant to the discussion. This includes the appropriate use of digital forms of communication including any online chat function;
- Not physically, verbally, sexually, mentally or otherwise abuse anyone. Abuse of any type will not be tolerated and will be considered cause for immediate exit from the event and, if appropriate, a report will be made to the relevant authority;
- Not record (including video, audio or photograph) any part of the activity or any fellow participant;
- Recognise that our activities are intended to offer a safe space in which participants can ask questions and discuss challenges with their meditation practice. Confidentiality will be observed at all times except in the very rare circumstances when we are concerned about a participant's welfare, in which case we will discuss our concerns with the participant in the first instance;
- Recognise that any 'one-to-one spiritual counsel offered during an event is an opportunity to discuss any aspect of meditation practice and/or the talks given. It is not a time to raise personal issues which should be directed to a medical professional;
- Report any practice or situation that endangers the health, safety, or well-being of yourself or anyone else:
  - If you are attending an in-person event, inform a representative of the SoCL who will, in turn, contact our Safeguarding Lead or Deputy especially if concerns relate to any vulnerable individuals (children, young people or adults at risk);
  - If you are attending an online event, contact Rachel Sharpe on 07834 626426;

- Not be under the influence of any substance that impairs your ability to participate in activities;
- Not smoke or use tobacco products of any type, including e-cigarettes, in the facilities being used for the event;
- Not use or be in direct possession of alcohol;
- In relation to in-person events, please:
  - Keep personal effects including valuables and medications secured. SoCL or the owners of venues we hire are not responsible for the safekeeping or loss of any personal effects;
  - Play your part to keep the venue neat and clean and be respectful of other people's property;
- Remember that failure to comply with the expectations and requirements set out in this Code of Conduct may result in you being asked to leave an in-person event or removed from an online event. All costs associated with being sent home from an in-person event (such as travel costs) will be the participant's responsibility.

The contact details for SoCL's safeguarding leads are Catherine Matlock (07443 475554) or Rachel Sharpe (07834 626426).