



## Veriditas Labyrinth Facilitator Best Practices for Group Walks in Light of COVID

Note: Always check the latest local and state guidelines for hosting gatherings and events. Have an alternate plan in case of postponement or cancellation. If the participants are not following the guidelines, ask them politely to do so and if they choose not to, ask them to leave. Be open to cancelling the event if need be. Priority should be given to meet or exceed local guidelines and honor the safety and comfort of all present.

**Suggestions from Linda Mikell** (see YouTube video: <https://youtu.be/eqsv6PUl24> )

### The Labyrinth is a Metaphor for Life and also our Pandemic Lives

- We must be more aware of the people around us
- We must look ahead of us to see how to maneuver safely
- If you can't avoid being close, honor their safety by waiting / giving space for them to pass
  - Or by turning your head away while passing by closely (this is an honorable motion)

### Organizing a Walk Outdoors

- Check local guidelines if there is a maximum group allowed for events (ie. 10 people)
- If so, or you want limited numbers, organize the event by Invitation Only
- Promotional materials should require participants to wear masks, engage in social distancing, and possibly be subject to temperature check on arrival
- Have at least two extra facilitators or assistants to manage large groups/late arrivals
- Use gloves if handing anything out, discourage shared use of common objects
- Give people cards with numbers upon arrival to start walk in order and avoid lines
- Maintain six feet apart while standing around in circle, or waiting to begin walk
- Set chairs six feet apart and use painters' tape also at entrance to labyrinth
- Might be opportunity to have live musician or recorded music
- Practice ahead of time with a few people to get a sense of the pattern and flow

### Organizing a Walk Indoors

- Follow latest local guidelines (ie. keep windows open) and those outlined above
- Best to host event by invitation only to limit group size
- Singing or wind instruments are not allowed indoors
  - Possibly could play outside to hear through open window

### Other ideas for group walks

Ask that people only walk the journey to the center and walk straight out (instead of retracing steps)

Split the labyrinth walk into two experiences

- Arriving at center, take a moment, then walk directly out of labyrinth and hold space
- When last person has left the center, facilitator goes to the center and invites first walker back into center and repeats walk from inside out, maintaining good spacing

For more information about Labyrinth Facilitator Training visit: [www.Veriditas.org](http://www.Veriditas.org)

## Suggestions for Labyrinth Designs in Light of COVID by Lars Howlett

Create smaller designs (maybe multiple) that individuals, families, or 'pods' can walk in turn:



3-Circuit Classical



3-Circuit Radial



5-Circuit Classical



5-Circuit Radial



5-Circuit Chartres

Choose a Processional design that allows for a one-way journey and no face-to-face encounters:



3-Circuit Classical



5-Circuit Classical



5-Circuit Baltic Wheel



7-Circuit Classical

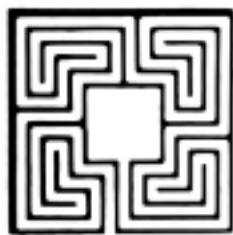


7-Circuit Mirror Path

Choose a Double Spiral Design that allows people to walk from one section to the other when open. These can be adapted walked as processional by stepping from the center straight out of the design.



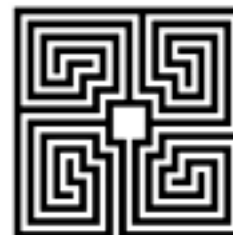
7-Circuit Triskele



5-Circuit Roman



11-Circuit Triskele



7-Circuit Roman



11-Circuit Spiral Chartres

If you have a large space, create 6' wide pathways that allow people to maintain distance at all times. At six feet a 3-Circuit labyrinth would require at least 42' and a 5-Circuit would require 66'! Perhaps a good compromise is 3' pathways with a larger center which would result in these measurements:

**Place a stake in the center of the labyrinth and create concentric circles with the following radius:**

27' Diameter 3-Circuit: Center: 4.5', First: 7.5', Second: 10.5', Third: 13.5'

40' Diameter 5-Circuit: Center: 5', First: 8', Second: 11', Third: 14', Fourth 17', Fifth 20'

54' Diameter 7-Circuit: Center: 6', First: 9', Second: 12', Third: 15', Fourth 18', Fifth 21', 6th 24', 7th 27'

**ALSO!** Instead of creating walkable labyrinths, another idea is to teach to people how draw designs from a seed pattern or provide printouts for people to color & write blessings/prayers/reflections

For a video outlining the above designs Discover Labyrinths on YouTube: <https://youtu.be/L-yBmLysyts>