



SAMMAMISH ROWING ASSOCIATION COVID-19 PROTOCOLS

	Fully Vaccinated	Unvaccinated
Masks:	Indoors (lobby, bathroom, and upstairs of boathouse)	Always
If you feel sick:	Stay home and get tested for COVID	Stay home and get tested for COVID
If test is negative:	Return to practice after being symptom-free for 3 days and receiving a second negative COVID test.	Return to practice after being symptom-free for 3 days and receiving a second negative COVID test.
If test is positive:	<p>Inform your coach and follow the Washington State protocols, stay at home and isolate to avoid the spread of the illness</p> <p>Quarantine for 14 days; can return to the boathouse after negative test and once symptom-free</p>	<p>Inform your coach and follow the Washington State protocols, stay at home and isolate to avoid the spread of the illness</p> <p>Quarantine for 14 days; can return to the boathouse after negative test and once symptom-free</p>
Close Contacts	SRA will manage contact-tracing if a member receives a positive COVID test	SRA will manage contact-tracing if a member receives a positive COVID test
If you come in close contact with someone with COVID outside the boathouse:	Inform your coach and stay at home. Isolate and get tested. You can return to the boathouse once you have received a negative test.	Inform your coach and stay at home. Isolate and get tested THREE DAYS after your contact. You can return to the boathouse once you have received a negative test three days after contact.