



SAMMAMISH ROWING ASSOCIATION
COVID-19 Protocol, Spring 2022
Effective March 12, 2022

Contact Info:	<ul style="list-style-type: none">• Text alert system (no-reply): 888-305-5113• COVID+ reporting email: COVID@srarowing.com
Vaccination:	You must be fully vaccinated to row in a team boat and all junior programming.
Masks:	Masks not required
If you feel sick:	Stay home and get tested for COVID, report a positive results to the contact information above.
If test is negative:	Return to practice after being symptom-free for 3 days
If test is positive:	<ul style="list-style-type: none">• Immediately alert SRA staff by sending an email to COVID@srarowing.com, indicating name, team, date of positive result, and date that rower was last at the boathouse• Quarantine for 5 days, and do not return until you are symptom-free
Close Contacts	<ul style="list-style-type: none">• SRA will manage contact-tracing if a member receives a positive COVID test• You will receive an automated text alert as well as a an email alerting you of possible COVID exposure• If you have been deemed a “close contact”, you do NOT need to quarantine if you do not have any symptoms• You do NOT need to submit a negative test if you do not have any symptoms• If you have symptoms, stay home and get tested for COVID

Updated: 3/9/2022