



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

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

Updated: 3/9/2022