

### **Who can paddle**

All members and guests must be vaccinated before participating in in-person club activities. Proof of vaccination must be submitted and recorded.

### **IF INDIVIDUALS ARE ILL**

1. Individuals shall **NOT** participate in activities or events if they are ill and/or exhibiting any Covid-19 symptoms such as sore throat, runny nose, shortness of breath or fever.

### **Testing Positive for COVID-19**

1. Members with an affected household member:

- a. If the member wishes to paddle, they may paddle with their crew for the next 5 days as long as the paddler wears a N95 or KN95 mask the entire time including on the water.
- b. That member may also elect to wait at least 5 days after the household member's last positive test.

**2. Members who test positive without symptoms must not return to paddling until a full 5 days after the positive test. If you had symptoms, wait at least 5 days to return to practice and 24 hours after you have no fever. Follow CDC guidelines, [cdc.gov](https://www.cdc.gov)**

### **NOTIFICATION PROCEDURE**

1. Anyone becoming sick or testing positive should call immediately and notify their coach or the Safety Coordinator. The coordinator will notify paddlers who may have been exposed by using records from Team Snap and communication with coach or coach's delegate.
2. The Community Boating Center (CBC) Executive Director shall also be notified.

### **Practice Protocols**

1. Depending on the situation, coaches or the Safety Coordinator may ask the entire group to mask up until launching for at least one practice.

For more information about current protocols for quarantine and isolation go to [cdc.gov](https://www.cdc.gov) and scroll to the quarantine and isolation section.

This protocol will be revised as CBC and Washington State Health Dept. requirements are updated. For more information about current protocol for quarantine and isolation go to [cdc.gov](https://www.cdc.gov) and scroll to the quarantine and isolation section.

### **TIPS FOR GETTING FREE AT HOME TESTS**

Go to [sayyescovidhometest.org](https://sayyescovidhometest.org) for ten free tests or [special.usps.com](https://special.usps.com) for four free tests.