



# Individual COVID Response Protocols

## *Possible Exposure*

If Rower has been in Close Contact with someone testing positive or suspected to have COVID-19 and

### Rower is fully vaccinated and has no symptoms:

- Contact your coach immediately
- No need to quarantine
- Rower may continue to practice but is required to wear a mask at all times while at the club and/or around other rowers for 14 days after exposure or until you get a negative test results.
- Rower should get tested 3-5 days after exposure even if they don't have symptoms.

### Rower is fully vaccinated and has symptoms:

- Contact your coach
- Please stay home from practice effective immediately
- Immediately self-isolate.
- We recommend getting tested
  - If rower is tested, they may return to practice 7 days after negative results if the following is true:
    - There has been no fever for 24 hours without the use of fever-reducing medications, and
    - Other symptoms of COVID-19 (loss of taste and smell) are improving
- If you do not wish to get tested
  - Rower may return to practice after 10 days if the following is true:
    - There has been no fever for 24 hours without the use of fever-reducing medications, and
    - Other symptoms of COVID-19 (loss of taste and smell) are improving



# Individual COVID Response Protocols

## *Possible Exposure*

If Rower has been in Close Contact with someone testing positive or suspected to have COVID-19 and

### Rower is not fully vaccinated and has no symptoms:

- Contact your coach immediately
- Do not attend practice
- Quarantine for 14 days after last contact and monitor for symptoms.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If you continue to be asymptomatic, you may opt to test on day 7 and may return to practice after providing negative test results.

### Rower is not fully vaccinated and has symptoms:

- Contact your coach immediately
- Do not attend practice
- Quarantine for 14 days after last contact and continue to monitor symptoms.
- Rower may opt to get tested 7 days after onset of symptoms and may return to practice with negative results if the following is true:
  - There has been no fever for 24 hours without the use of fever-reducing medications, and
  - Other symptoms of COVID-19 (loss of taste and smell) are improving



# Individual COVID Response Protocols

## *Possible Exposure*

If Rower has been in Close Contact with someone testing positive or suspected to have COVID-19 and

Rower has had COVID within the last 3 months, and has remained symptom free:

- There is no need to quarantine.
- Rower can attend practice but must wear a mask around others for 14 days after exposure or until negative test results.
- Rower should get tested 3-5 days after exposure even if they don't have symptoms.

\* Close Contact is defined as being within 6 feet of someone for a cumulative total of 15 min over 24 hours.