

# HEAD OF THE LAKE

## 2022 Head of the Lake COVID Precautions

To all coaches, competitors and attendees of the 2022 Head of the Lake Regatta:

2022 is the second year in which this regatta is run in the shadow of COVID. We're making progress, but we must still exercise precautions to protect athletes, coaches, spectators and race officials.

The CDC and the State of Washington have scaled back many of their requirements or recommendations. However, there remain basic precautions that are necessary to protect attendees of this regatta to the best of our abilities. The following are based on CDC and Washington Department of Health guidelines and recommendations:

1. The best protection is for all attendees to be up to date with their vaccination/booster shots unless medically inadvisable. We are not requiring a certification to this effect from coaches or athletes, but strongly encourage everyone to protect themselves and others.
2. Masks will be optional, and each person's choice is to be respected.
3. We encourage social distancing of at least 6 feet whenever possible, especially when indoors.
4. The greatest risk would be an attendee who is *already infected and transmissible* as they arrive on-site. All attendees are responsible for monitoring their own health condition in the week leading up to the regatta. That said, decisions should be informed by the below guidelines:
  - a. **COVID-Positive persons** should remain home and quarantined for at least 5 days beginning the first full day after the onset of symptoms. For example, if symptoms began on a Tuesday, Day 1 would be Wednesday and Day 5 would be Sunday. If the person is asymptomatic, the 5 days would begin on the test date.
    - i. If the regatta date falls within these 5 days, the person must remain at home even if their symptoms have abated. Unfortunately that means they would be unable to attend HOTL this year.
    - ii. If, at the conclusion of these 5 days, the person is fever free for at least 24 hours, they may attend/participate in HOTL. The person should maintain social distancing and wear a mask when within 6 feet of others, or whenever indoors for up to 10 days from the on-set of symptoms.
  - b. **Persons not yet diagnosed but displaying symptoms** typical of COVID should isolate at home and self-test no sooner than 48 hours beginning the first full day after the onset of symptoms.
    - i. If the regatta date falls within these 48 hours, the person should remain at home even if their symptoms have abated. Unfortunately this means they would be unable to attend HOTL this year.
    - ii. If the test is **positive**, the person should follow the instructions for COVID positive persons described in paragraph "a" above.
    - iii. If the test is **negative**, the person would be free to attend the HOTL regatta as their health would otherwise allow.

We are not requiring proof of vaccination or any other certification of health status. We are requesting that all attendees follow these guidelines to protect the health of themselves and others. Hopefully, next year we will be "done with COVID" (FINALLY!!!) but for this year these simple precautions are appropriate and protective of our rowing community.