

Where are we with COVID these days?

• We have slightly adjusted our policies this fall as we all continue to navigate the challenges of returning to school and work with the continual evolvement of COVID cases and restrictions in our communities. At this point, our main goal is to keep our staff and our divers healthy enough to continue training as long as we can at our available facilities. We don't know what the near future will look like as return to school and more widespread community spread will undoubtedly affect our ability to train, as a team or as individuals.

"Higher Risk"

• At this point the CDC has put the focus more heavily on engagement of "higher risk" activities as it relates to quarantine and inability to train. For example, higher risk activities can include travel to hotspots, large social gatherings (reunions, funerals, weddings, parties, etc.), being at a social gathering (theater, bar, airport, parade) or traveling on a cruise ship/river boat. If the diver is engaging in these higher risk activities, they are putting themselves at risk but more importantly their teammates and coaches too.

...and then there's school

• In addition, returning to in person learning at schools will create spikes in COVID cases. We need your help in notification of any spikes in your school pods/cohorts/classrooms so we can delicately decide how to navigate exposure.

Therefore, we have updated our policies:

- I) If you will be traveling outside of the state of Colorado, notify us in advance. If traveling to a hotspot (current at time of travel, not booking), our policy of 14 day quarantine OR 5 day quarantine plus COVID pcr test done on or after day 5 of quarantine with a negative result before returning to practice still apply.
- 2) Communicate with us if you will be attending or engaging in a "higher risk" activity so we can properly assess when you are able to return to training and if a quarantine is necessary
- 3) Communicate with us if your school (classroom/pod/cohort/etc) has COVID positive cases so we can properly assess when you are able to return to training and if a quarantine is necessary

Mitigate & Communicate

• We understand that we cannot completely eliminate being exposed to COVID, but our attempt is to mitigate it in efforts to keep the kids healthy and be able to continue training; our policies are not intended to be punitive in any regard. The kids have been exceptional with new COVID training guidelines and cleaning, and for that we are so grateful. Even with these changes, the kids continue to improve and have been training diligently and with great focus. We so appreciate all of your communication up to this point with regards to travel etc. and we thank you all for helping us keep the kids training and healthy, and the doors open. This has not been easy on any of us but together we will get through this.