

August 22, 2021

We have promised to keep you updated about the science behind Covid-19 and its impact on our measures to keep the club safe so that we can continue to enjoy our activities. To that end, we wanted to provide some expanded information on testing and how it relates to SAKE protocols, which are more stringent than the CDC protocols in a couple of ways.

The CDC recommends testing 3 to 5 days after you have been exposed to somebody with Covid-19, and also after you have traveled internationally. With the recent rise in breakthrough cases driven by the Delta variant, testing early is important, because it is now recommended that monoclonal antibodies be started as soon as possible in the event of a positive test, even if you are vaccinated. However, the incubation period of SARS COV-2 makes it possible to develop an infection after this early test, and a test at 7 days is a more accurate assessment of your viral load than a test at 3 to 5 days.

In the most recent updates to SAKE protocols, we depart from the CDC advice in two ways. First, we want to see a negative test at 7 days, so that we can be fairly certain you are safely out of the window of infection before you sit next to your teammate in a dragon boat for two hours. Second, because of the rise of the Delta variant, the rise in breakthrough infections, and the evidence that a vaccinated person is just as infectious as an unvaccinated person, we included all travel by public transit, not just international travel, in the list of things that can bar you from practice until you are clear of the risk of infection.

Our activity is unique among the sports for physical contact. We don't meet at the volleyball net or near the soccer ball or on the scrimmage line for brief minutes. We sit in close proximity for 1 1/2 to 2 hours in an activity that is highly aerobic, and SARS COV-2 is an airborne virus. For this reason, we believe it is prudent to take extra precautions to reduce the risk through our protocols, so that we can do our best to protect everyone while we continue to keep club activities open.

In summary, it is not our intent to force you to test twice. If you have been exposed to risk, you absolutely should test according to CDC recommendations, and not risk your health care by delaying testing to 7 days. It's more that we offer a testing at 7 days as an option for those who prefer not to sit out of practice for 14 days.

As usual, if you have questions, please contact our Health Advisor, Nancy Carney.