



## COVID-19 ASA POLICY UPDATES

Effective 9.1.2021

### 1. ASA MASK POLICY:

- a. If you are FULLY vaccinated, you may attend an ASA event without a mask.
  - i. Parents of ASA Athletes: Please reach out to the ASA Office if you still want your athlete's team to run with a mask regardless of vaccination status.
  - ii. Wingmen & Captains: Please continue to always be prepared to run with a mask if your Athlete requests this precaution upon arrival to an ASA event.
- b. **If you are NOT FULLY vaccinated, you must continue to wear a mask at ASA events.**

### 2. ATTENDANCE POLICY:

- a. Do not attend an ASA event if you have ANY of the following symptoms:  
<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
  - i. Fever or chills
  - ii. Cough
  - iii. Shortness of breath or difficulty breathing
  - iv. Fatigue
  - v. Muscle or body aches
  - vi. Headache
  - vii. New loss of taste or smell
  - viii. Sore throat
  - ix. Congestion or runny nose
  - x. Nausea or vomiting
  - xi. Diarrhea
- b. Do not attend an ASA event if you are in quarantine due to an exposure.
- c. You must sign up using the appropriate registration method before attending any ASA event to allow for proper track and trace procedures.
  - i. Group Runs – use the online sign up genius
    - 1. Guests must register on the sign-up genius and complete the guest participation waiver prior to attending a Group Run
  - ii. Racing - Athletes and Captains use the Wishlist and Wingmen email their Community Coordinator to document participation
  - iii. ASA Events – use the appropriate RSVP/registration portal for each event
    - 1. Including but not limited to: RunFest, Trunk or Treat, ASA Open, Board Meetings, Donor appreciation events

### **3. ASA NOTIFICATION POLICY:**

- a. If you have been to an ASA event in the preceding 48 hours before experiencing symptoms and/or testing positive for COVID, please call the ASA Office at 443-272-1204 or email [julia@asa.run](mailto:julia@asa.run) so that we can follow our track and trace procedures to notify the appropriate individuals.
- b. ASA will strictly maintain the confidentiality of a participant who notifies them of a positive test.
- c. ASA will notify participants of possible exposure using the registration lists mentioned in 2c above and a phone call with the positive person to determine close contacts using CDC guidelines.
- d. ASA will send 2 emails upon learning of possible exposures:
  - i. You were at an ASA event with the person who tested positive.
  - ii. You are considered a close contact of the individual who tested person: on the Wingman Team with them or they reported having an interaction with you at that ASA event.

### **4. ASA EXPOSURE/QUARANTINE POLICY:**

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

- a. Unvaccinated:
  - i. Quarantine if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully vaccinated.
  - ii. Do not attend an ASA event for 14 days after their last exposure to that person.
- b. Vaccinated:
  - i. People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms.
    1. Fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms.
  - ii. You may attend an ASA event but must wear a mask for 14 days following exposure or until their test result is negative.

Questions – please email Julia Kardian at [julia@asa.run](mailto:julia@asa.run) or call 443-272-1204

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