

Covid Guidance

January 3, 2022

Access

- We are open to members, 5 a.m. – 9 p.m.
 - Vaccinated members have access to entire club
 - Non-vaxxed members have access to outside areas only with fob activated for gate
 - For fob reactivation, send photo of vax card/certification to vs@dolphinclub.org. Include fob number if you can read it on your fob.
- Certify booster status in advance of a possible DPH mandate that could impact our access. The BEST WAY to do this is via the Google Form which you can access at:

<https://bit.ly/dolphinvax>

If that doesn't work for you, you choose from 2 other ways, either

- send an email titled "Booster" with proof of booster image to vs@dolphinclub.org or
 - show your booster updated vaccination card to a front-door monitor who will record it and send your name to the Membership Director.
- Members can bring up to two guests at a time - \$10 fee, waiver signed. Vaccinated guests, limit still 2, welcome inside during public access hours (Monday, Wednesday, Friday, 9 a.m. – 6 p.m.) and weekends 10 a.m. – 4 p.m., proof of vax required. Outside of these hours, guests, whether vaccinated or not, use outside facilities.
 - CDC is updating the recommended quarantine period for anyone exposed to COVID-19.
 - For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not

feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure.

- Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure, with, a test for SARS-CoV-2 at day 5 after exposure.
- If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.
- We are open for public day-use:
 - Monday, Wednesday, Friday, 9 a.m. – 6 p.m. (SERC is Tuesday, Thursday, Saturday)
 - \$10 fee, waiver signed, proof of vax required

Restrictions

- Masks are to be worn by all inside at all times except when in shower. There's a handy hanging line for masks inside wind shelter area on deck.
- Social distancing guidelines mean limits to occupancy of saunas, galley, weight room. See posted signs and support compliance.
- No restrictions on food and drink consumed outside; inside consumption in accordance with SFDPH guidance:
 - no more than 10 people together in a shared space
 - masks on except while actively sipping or taking bites
 - social distancing
 - encourage eating to be while seated in smaller groups (3-4)
 - If you have any questions, please contact John at jmojingle@yahoo.com.

Latest Emails

12/31/21

I need to let you in on something. As much as we appreciate your thanks for our effort to collect booster info (and we do!), we are not keeping you safe, YOU are. Or maybe you aren't...

Ward's note on Monday reminded us that the safety of the club membership depends on everybody using good judgment to reduce transmission of the contagious Omicron variant of Covid-19. The note specifically said that if we have been exposed to someone who is infected, to please follow the City and [CDC guidelines](#) before returning to the club.

The biggest concern we've heard from members is about guidelines for isolation from and return to the club in the case of infection or exposure to COVID. We want to clarify what CDC and SF rules mean in the context of our club.

Important to remember that if a member violates the City Health Order, they may be classified as a public nuisance and suffer personal consequences. Most significantly, a member's violation may result in the club being temporarily closed by the SFPD.

Here's the deal: If a member has been recently exposed to Covid-19, they should

- be fully masked at all times around other people for 10 days after most recent exposure
- wear a well-fitted mask (ideally N95 or comparable, not a single layer paper nor loose cloth mask, bandana, gaiter)
- [for those beyond 6 months of their last Moderna or Pfizer vax or 2 months post-J&J and NOT boosted] quarantine for the first 5 days of this 10-day period
- shower outside during this 10-day period instead of inside shower/sauna
- After exposure or infection, they should test negative just prior to return (same day.)
- If exposure is ongoing (such as from a family member or housemate), the member should return only after their relative tests negative and the member tests negative 4 days later.

As fully vaccinated members (boosted or not) with no known recent exposure to Covid-19,

- We are required to be masked indoors at all times other than when actively showering, including as we exit the building to swim - hang your masks on the way to the water and retrieve and don it on our way back inside
- Let's be very cautious about unmasking for active eating and drinking inside - outdoors is advised - and be mindful to not crowd with others.

Thanks to all of you and to the sun that brightened today,

Karen Heisler,

Membership Director

12/27/21

Dear Dolphins --

This is another update for members in light of the Omicron variant. As of this morning (12/27/21) there have been no changes in the San Francisco Department of Public Health Covid-19 Order that would have an impact on the Dolphin Club. We continue to closely monitor the DPH for new developments.

The City definition of "fully vaccinated" remains unchanged but the latest order "encourages" getting a booster shot. We do anticipate that the DPH Order could be updated at some point to make booster shots mandatory and we are taking one step in preparation of that happening

Starting today, in order to minimize disruption to your indoor access should that occur, we are setting up a process in which vaccinated members can certify their booster status in advance of a possible DPH mandate. You can either send an email titled "Booster" with proof of booster image to vs@dolphinclub.org or show your booster updated vaccination card to a front-door monitor who will record it and send your name to the Membership Director. The front-door monitors are on duty Monday, Wednesday and Friday from 9 a.m. to 6 p.m. and Saturday from 10 a.m. to 4 p.m. Other times can be arranged with Club Manager John Ingle or Elaine VanVleck.

During these uncertain times we continue to trust that our members are weighing the risks, staying abreast of developments with Omicron and making their own choices on how to use the club facilities for the safety of themselves and their fellow members.

This is a time when we need to be especially vigilant. If you feel any symptoms of Covid, we urge you to stay away from the club. If you have been traveling over the holidays, we ask that you get tested before you return to the club. If you have been

exposed to someone who is infected, please follow the CDC and City guidelines before returning. And, please, please, at all times stay masked (preferably medical-grade or double masked) when inside the club except when showering or "actively" eating.

We are a community, not a workplace, so our health through this time relies entirely on members' cooperation and help. Especially now, we appreciate that you observe the rules and guidelines, and that you encourage others to do the same.

My thanks,
Ward Bushee, president

November 6, 2021

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- Members can bring up to two guests at a time - \$10 fee, waiver signed. Vaccinated guests, limit still 2, welcome inside during public access hours (Monday, Wednesday, Friday, 9 a.m. – 6 p.m.) and weekends 10 a.m. – 4 p.m., proof of vax required. Outside of these hours, guests, whether vaccinated or not, use outside facilities.

We are open for public day-use:

- Monday, Wednesday, Friday, 9 a.m. – 6 p.m.
- \$10 fee, waiver signed, proof of vax required

SERC is open for public day use Tuesday, Thursday, Saturday.

Restrictions

Masks are to be worn by all inside at all times except when in shower. There's a handy hanging line for masks inside wind shelter area on deck.

Social distancing guidelines mean limits to occupancy of saunas, galley, weight room. See posted signs and support compliance.

No restrictions on food and drink consumed outside; inside consumption in accordance with SFDPH guidance:

- no more than 10 people together in a shared space
- masks on except while actively sipping or taking bites
- social distancing
- encourage eating to be while seated in smaller groups (3-4)

If you have any questions, please contact John at jmojingle@yahoo.com.

October 31, 2021 from Ward Bushee

Dear Dolphins:

This week we will be resuming public-use days and, I'm happy to report, restoring limited member guest hours inside the club on Mondays, Wednesdays, Fridays and weekends. We also will begin staffing the front door with check-in monitors as a COVID safety measure during these public use and member guest open hours.

But, please, please remember that our indoor masking mandate (including in the saunas) continues with the only exceptions of showering and actively eating food or drinking. And only 10 or fewer members (including their guests) can be in a shared indoor space at a time.

Here's what is changing:

-- Starting Monday, we will resume allowing indoor public-day use for non-members who show proof of COVID vaccination, sign our waiver and pay a \$10 fee. Vaccinated members may bring in vaccinated guests through our front-door check-in desk during public use days if they sign the waiver and pay the \$10 fee. If public day users or guests are unable to provide proof of vaccination, our outdoor facilities will be available with the same waiver-fee requirement. Public day-use is mandated by our landlord, the Rec and Parks Department. Our required opening for the public will be Mondays, Wednesdays and Fridays, from 9 a.m. to 6 p.m, starting Monday. The South End Club opens for public day use from 9 a.m. to 6 p.m. Tuesdays, Thursdays and Saturdays, starting Nov. 2.

-- As mentioned above, we will resume allowing members to bring up to two vaccinated guests inside the club from 10 a.m. to 4 p.m. Saturdays and Sundays, starting Nov. 6-7. Each guest must be in the company of a member, show proof of vaccination to the front-door monitor, sign our waiver and pay a \$10 guest fee. As with

members, guests must follow mask protocols inside. If guests are not vaccinated, members can escort no more than two guests through the back gate and use only the outdoor facilities after signing a waiver and paying the \$10 fee. Outdoor only guests must sign waivers and pay the \$10 guest fees.

Club Manager John Ingle will be overseeing the day-use and guest check-in team, which also will include Elaine VanVleck and Janice Wood. If you have any questions, please contact John at jmojingle@yahoo.com.

October 20, 2021 from Ward Bushee

The latest order from the SF Department of Public Health keeps us masked inside but also permits vaccinated members to unmask indoors when "actively" eating and drinking. This note not only announces the club acceptance of the DPH order on food and drink but also is intended to provide some clarity and a few instructions on how it can work safely in practice.

The order enables vaccinated club members to resume eating and drinking indoors with specific limits on how to do that. Your cooperation with the boundaries and the intent of the order will allow us to continue to move toward something closer to our pre-pandemic days. But in adopting the order we still are not yet at a "new normal" for activities inside the club. Masks remain mandatory indoors (except for showering) with the new exception of "active" eating and drinking. The indoor club remains open only to vaccinated members.

The DPH order on food and drink focuses on two key pieces -- unmasking briefly while "actively" eating inside the club, and avoiding larger concentrations of people indoors.

First, we interpret "active" eating and drinking with masks lowered indoors to be the act of actually consuming food. Even in a social setting with food and drink being available, masks must be worn when people are socializing and not actively consuming food. One way to look at it would be eating on an airplane where masks mandates are otherwise strictly enforced.

Second, the updated DPH order allows vaccinated members to gather and sit in small clusters indoors while in the act of eating or drinking. The DPH order reads: "*People are urged to be seated at a table or positioned at a stationary counter or place while eating and drinking.*" For club purposes, we interpret small clusters as a maximum of 10 people eating and drinking at one time in a room or space of the building. An example: 10 or fewer people in an indoor area seated at tables of no more than four people per table and each table separated from the others by 6 feet of distance.

Outdoors is still the preferred option for club events. But we know with colder weather and shorter days of sunlight, event hosts may want to plan for an indoor option that

includes food and drink. If they do so, we urge them to include an outdoors option for members who don't want to or can't go inside.

How this can work in practice:

For individual members eating or drinking inside: Individuals or small groups (10 or fewer) can bring snacks, a meal or beverages inside the club as long as they remain masked except for when actively consuming food. The galley remains limited to four people at a time. Those bringing or preparing food inside are responsible for cleaning up the galley or the area they used.

For club Mixers and other club social events: In addition to the bar, hosts also can set up folding tables with 6-foot distancing between them for people to sit, eat and drink in small groups. A setup, for instance, could be two tables of four persons and one table of two persons to meet that 10-person limit. But we leave it to the hosts to configure the appropriate setups of tables and chairs in spaces that meet the 10-person limit. Persons getting beverages at the bar would not be included in the 10-person count and would be expected to go outside after getting a drink unless they have a seat at a table. An outside bar and gathering place to eat and drink should also be included in Mixer or social event planning as an option for those not wanting to go inside.

For club swim events: As in the past, food and drink spreads for vaccinated members can be served on tables inside the boat house and taken outdoors to be consumed. The galley is limited to four people at a time. Hosts would have the option to set up in the boat house folding tables and chairs, distanced by 6 feet, to accommodate 10 or fewer people, with no more than four to a table.

For Boat Night dinners: Eating and drinking may occur inside provided participants are masked up except for active food consumption. If a dinner is held, folding tables and chairs could be set up and distanced by six feet with no more than four people at each table. We leave it to the Boat Night hosts to decide if and when they want to resume dinners.

For swim or other pods: Pods of 10 or fewer vaccinated members can consume food and drink indoors following the "active" eating guidelines. Pod hosts can set up folding tables and chairs with no more than four people to a table, and with 6-foot of distance between tables. The galley is limited to four people.

A note on guests and day-users: Starting Nov. 1 the club will resume allowing indoor entry on Mondays, Wednesdays and Fridays from 9 a.m. to 6 p.m. for vaccinated public day-users and vaccinated member guests (two per member). We anticipate that when front-door staffing is increased in coming weeks, that we will be able to extend the hours beyond the public-use schedule for members to bring guests showing proof of vaccination inside. At that time vaccinated guests in the company of a member will be eligible to join in on club events.