COVID-19 HEALTH & SAFETY GUIDELINES AND PROCEDURES

Revised May 2024 (Effective June 19, 2024)

The Country Dance Society, Boston Centre, Inc. ("CDS") is committed to providing a safe and comfortable environment for our community. These guidelines were created with health and safety as a priority for our volunteers, dance participants, and other community members.

This policy will be updated as we continue to monitor the status of COVID-19 and implement appropriate measures as the situation changes.

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SAFETY PROCEDURES

By virtue of entering a CDS event, guests are acknowledging that each statement below is true the day that they attend a CDS event. If any statement is not true, guests should not come to the event.

1. I have not tested positive for COVID-19 through a diagnostic test in the past five days.
2. I am not and have not recently experienced (within the last 48 hours) any COVID-19 symptoms.
3. I have not had close contact or proximate contact with any person(s), confirmed with a diagnostic test or suspected based on symptoms, to have COVID-19 within the past five days.

*VACCINATIONS **ARE NO LONGER** REQUIRED*

Although immunization and boosters are no longer required, we continue to urge all members to be fully vaccinated and receive the most recent Covid boosters. Full immunization predictably leads to less severe illness and a reduced likelihood of hospitalization and death.

MASKS ARE OPTIONAL

Masks are welcome, but optional at all CDS Boston dances (unless local Covid transmission rates are high, in which case well fitting, high filtration masks will be required.)

Returning to dancing after a positive COVID-19 test or exposure to someone with known or suspected Covid, without the use of Paxlovid

You may resume dancing if all three of the following criteria are met:

1. It has been at least 6 full days since your positive Covid-19 test or last known exposure to someone with COVID-19. For example, if Monday is the original day (Day zero) of onset of your symptoms, first positive COVID-19 test, or last day of exposure to someone with

Covid, then the following Sunday would be day 6.

2. You have had no fever (and not taking any fever reducing medications, e.g. aspirin, ibuprofen, or acetaminophen), cough, or sore throat in the last 24 hours.
3. You have had two negative home rapid antigen tests, performed on consecutive days, no sooner than on day 5 and day 6. The tests must be performed at least a full 24 hours apart.

If the rapid antigen remains positive or you are still having fever on day 5, you may return to dancing when you have been free of fever for at least 24 hours and your home rapid antigen test is negative on 2 consecutive days performed at least 24 hours apart.

Returning to dancing with the use of Paxlovid

If you have received Paxlovid as part of your treatment of COVID-19, a rebound, with or without symptoms, may occur between two and 8 days after stopping the medication. You may return to dancing if at least eight full days have passed after completing treatment and you have a negative home rapid antigen test on or after day eight.