



## **Brown Girl Surf COVID-19 Program Guidelines & Safety Waiver**

*Please know that while Brown Girl Surf is making every effort to implement protocols that minimize the risk of transmission, our team cannot guarantee that COVID-19 will not be present during the program. Below is an updated list of COVID-19 Safety protocols and processes that Brown Girl Surf has made to reduce the risk of COVID-19 Transmission. Please reach out to Madoka Hara, Program Director at [madoka@browngirlsurf.com](mailto:madoka@browngirlsurf.com) if you have additional questions and/or concerns.*

**The health and safety of our community and staff remain our highest priority. Brown Girl Surf will implement the following program safety procedures and practices to reduce the spread of COVID-19:**

1. Participants (and parents/ guardians of minor participants) must return this health waiver signed prior to participation.
2. 24 hours prior to the program day, including day of, participants are to be COVID-19 symptom-free.
3. Those carpooling in the BGS van must provide proof of vaccination OR a negative COVID-19 test taken within 24 hours of program
4. Masks must be worn at all times in BGS carpool - eating /drinking is not permitted in the van to reduce the need to remove masks
5. Enhanced personal hygiene (i.e. handwashing, hand sanitizing, no touching face reminders, etc.) will be practiced throughout the program.
6. Limiting the number of items that are shared or touched between staff, volunteer surf instructors and program participants.
7. Increased cleaning and sanitization of surf equipment and gear, including wetsuits.
8. All program participants and volunteers are strongly encouraged to follow social distancing of 6ft., in and out of the water.
9. BGS staff and volunteer surf instructors will be required to have symptom checks, and these will be conducted on a regular basis.
10. At BGS events that are indoors we require that all participants wear their masks while not eating/drinking in order to reduce risk of transmission

We ask that you help us protect the health of our Brown Girl Surf community. Anyone who is sick or was sick with COVID-19 in the last 10 days, who exhibited symptoms of COVID-19 in the last 10 days, or who was recently in contact with someone with COVID-19 in the last 10 days—including staff, volunteers, and families— CANNOT attend the program without a negative COVID-19 test or a 10 day quarantine. The negative COVID-19 test will only be considered accurate by BGS if taken at least 5 days AFTER a potential exposure.

Be on the lookout for symptoms of COVID-19, which include but are not limited to: fever or chills, cough, shortness of breath or difficulty of breathing, fatigue, muscle or body aches, headache, congestion or runny nose, nausea or vomiting, diarrhea, sore throat, and new loss of taste or smell. *Please note symptoms may appear 2-14 days after exposure to the virus. The virus can be very infectious before symptoms occur.* Call your doctor if you think you or a family member is sick.

*NOTE: COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze. It is thought that the virus may spread to hands from a contaminated surface and then to the nose or mouth, causing infection. Therefore, personal prevention practices (such as handwashing, staying home when sick) and environmental cleaning and disinfection are important principles that are covered in this document. (Source Centers for Disease Control & Prevention)*

I have read, understand and approved *Brown Girl Surf COVID-19 Program Guidelines and Safety Waiver*. The signing below acknowledges receipt of Brown Girl Surf’s program guidelines and agreement to adhere to all safety processes and policies described in this document and set in place by staff and volunteers during Brown Girl Surf programs. If the participant is a minor, the undersigned parent or legal guardian warrants and represents that these guidelines, their significance and the assumption of risk, has been explained to and understood by their minor child or ward.

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Name of participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name of Parent/Guardian, if participant is under 18

\_\_\_\_\_  
Date