



Lakeside Swim and Racquet Club

P. O. Box 9614

Henrico, VA 23228

Email: golsrc@yahoo.com

Websites: www.golsrc.com or www.lakesideswim.club or www.lakesidetennis.club

LSRC COVID Update!

Effective 5/28/2021, the CDC and Virginia mask requirements are as follows:

Fully vaccinated people no longer need to wear a mask or physically distance in any setting, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance

Have You Been Fully Vaccinated?

In general, people (all ages) are considered fully vaccinated: [±]

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine
- If you don't meet these requirements, **regardless of your age**, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.

Measures such as COVID screening, social distancing and frequent sanitation have been lifted as well, beginning 5/28/2021.

Here's to a very happy and healthy pool season for ALL.



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	Unvaccinated People	Examples of Activities	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, wheelchair roll, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine



Prevention measures not needed



Take prevention measures

Wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).

- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.