

Friction COVID guidelines

Please note that these guidelines are subject to change.

At this time, COVID precautions at Friction include:

- Requiring proof of COVID [vaccination](#) (including at least one booster). Sufficient proof of vaccination status is a state/federally issued vaccine card, a legible photograph of your card, or a digital vaccine record. If you did not receive a booster in 2022 (or 2023), we *highly recommend* getting one – bivalent vaccines are now available! We also highly recommend getting a flu shot.
- **Testing.** Testing is required. We strongly prefer you take an at home RAPID test right before (2 hours or less if possible) your arrival to the event. You will need a photo of the negative test result with writing displaying the date and time the test was taken. The venue also allows a PCR test taken 48 hours prior to the party. Given the shorter incubation period for currently circulating strains, we prefer the RAPID right before the event.
- **Outdoor Space.** We will have an outdoor space where you can tie, play, and socialize. Note that it may be chilly outside – bring layers!
- **Masking** – Masks are strongly recommended but not required. See below for more information. This is subject to change if conditions change.

We always provide and highly recommend k/n95 masks. [These masks are specifically designed to protect the wearer and provide robust protection, even with one-way masking, regardless of what anyone around you is doing.](#) There [is substantial evidence](#) suggesting that medical-grade masks are significantly more protective than cloth masks, and k/n95 masks are still more protective.

Mask guidelines at our events complies with all county/city/state guidelines. For Oakland, [that information can be found here](#). CDC county-level masking recommendations, based on local COVID-related hospital admissions, hospital-bed occupancy, and new cases, can be found [here](#). If you or any of your close contacts/household members are at high risk for severe illness (immunocompromised, over 65 years old, etc.), wearing a k/n95 mask at all times is *highly recommended*. Note that choosing to remove your mask is *at your own risk*.

Masks may optionally be removed by performers or instructors while teaching/performing.

Please contact us if you test positive within 7 days after attending an event. We will work with you to notify other attendees who may have been exposed, while protecting your privacy.

Despite all mitigation efforts, exposure to COVID-19 is an inherent risk in any location where people are present. When deciding whether attending in-person events at a particular time is right for you, please weigh your risk factors (health conditions, unvaccinated or immunocompromised contacts, age, and so on) to take care of yourselves and those around you.