

COVID -19 REOPENING GUIDELINES – July 2021

These guidelines are based upon the New York State Forward Business Re-Opening Safety Plan Template, the US Rowing Re-opening the Boathouse/Return to Training considerations Post-Covid-19 and guidance from Concept 2 on cleaning/disinfecting of oars.

1. Any participant who is not vaccinated will wear a mask, except when in the boat, and, will maintain social distancing as much as possible. If there is off water training outside, there must be a 6 foot distance maintained between participants. If inside, it must be a 12 foot distance.

2. Fully vaccinated individuals may resume activities without wearing a mask or staying 6 feet apart.

3. Every participant will bring their own personal towel for handwashing pre and post rowing session.

4. Every participant, including coach/s and volunteer launch drivers, will go through a health screening process to include:

- temperature taken with a temporal artery (forehead) digital thermometer
- Are you having any symptoms (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea)

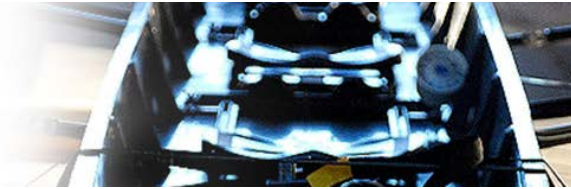
5. Every participant will then proceed to the handwashing station located on the picnic table at the front of the boathouse and perform 20 seconds of hand washing, using their own personal towel to dry their hands.

6. Oars will be carried to the dock by each individual participant.

7. Per USRowing the following guidelines will be followed for boating:

a – when training in any boat that is not a single (8+, 4x, etc), or boating out with rowers not from the same household, US rowing recommends the following:

- Row in groups of NO more than 10 people (9 athletes and 1 coach)
- All participants row in the SAME group each day and not cross over to different groups to limit cross-group exposure.
- All participants be monitored by the rowing club for any signs of symptoms each time they attend a practice or club function, and at the sign of symptoms, all participants are in contact with medical



professionals immediately in order to proceed to the next steps which may include quarantine, contact tracing, and testing.

- Participants who are fully vaccinated AND are asymptomatic following a close contact or known exposure to COVID are exempt from quarantine and testing. Vaccinated participants are subject to these if they are symptomatic.
- Around the boathouse, members who are fully vaccinated no longer need to wear a mask.

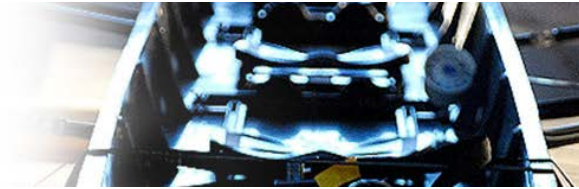
8. The safety launches will be taken to the water with the minimum number of individuals required.

US Rowing Return to Training/Athlete Health Monitoring

- Any individual known to have close contact to a person who has been sick and/or diagnosed with COVID must self-report to the club unless they are fully vaccinated AND are asymptomatic. Vaccinated participants are subject to these steps if they are symptomatic.
- All individuals should self-monitor for symptoms of COVID daily. If someone shows symptoms, they should not attend practice or a club function. The individual should reach out to his or her doctor for assistance and should inform their club. US Rowing recommends they receive clearance from their doctor to resume training or any club activity.
- USRowing recommends that unvaccinated athletes, coaches and staff arrive to the practice facility wearing a mask and wear masks when not engaged in practice activity. Around the boathouse, members who are fully vaccinated no longer need to wear a mask.
- In the case of a positive test, the individual must inform the club. The club should contact trace for close-contact individuals and notify those individuals that they have had close contact with someone who has tested positive for COVID.
- Participants who are fully vaccinated AND are asymptomatic following a close contact or know exposure to COVID are exempt from quarantine and testing. Vaccinated participants are subject to these steps if they are symptomatic.
- Close contact individuals should contact their doctor and not attend practice or a club function until they have been cleared to resume training or any club activity, except for the vaccinated individuals who are asymptomatic.

Albany Rowing Center Guidelines per USRowing guidelines:

- Any rower/participant, coach, voluntary launch driver, whether vaccinated or not, who has any of the following symptoms
 - Fever or chills



- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Will be asked to not show up for practice and will report to the head coach and the safety lead

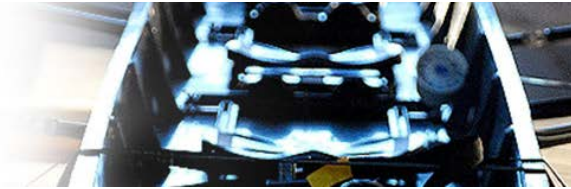
- If a rower/coach/voluntary launch driver shows up with any of the above symptoms they will be sent home.
- To return to practice a written doctor's note must be presented to the safety lead stating that the individual does not have Covid and is cleared to return to practice.

Coaches responsibilities:

1. The coach will unlock/open and then close/relock the gates to the boatyard, the boathouse and the 2 front doors to each bay.
2. The coach will be responsible for disinfection of all and any locks/gates/door handles he/she touched in opening and closing for the practice.
3. The coach will be responsible for maintaining gas – both purchasing the gas and then pouring gas into the can required for use with the motor and then placing/removing the motor gas can in the launch and connect/disconnecting to the motor.
4. The coach will be responsible for disinfecting anything and everything he/she touched/handled in the launch for during operation during the practice session.
5. The coaches will be responsible for setting up and taking down the workhorses to be used for washing and disinfecting the oars.

Launches:

1. Only the 2 smaller launches are to be used for practices.
2. The motors will be put on each launch prior to opening for the season and then left on the launch - no removal after each practice.



3. The launches, with the motors on, will be left in the bays in the boathouse between practices.

Cleaning of equipment:

1. All club owned equipment will be cleaned following the below guidelines.

- a cleaning station for the oars will be set up to include a bucket of water, a spray bottle of Simple Green, a scrub brush, clean towels

- the oar handles will be sprayed with the Simple Green
- the scrub brush will be dipped into the bucket of plain water and then used to scrub the oar handle
- the oar handle will then be rinsed with plain water from the bucket
- the oar handle will then be dried.

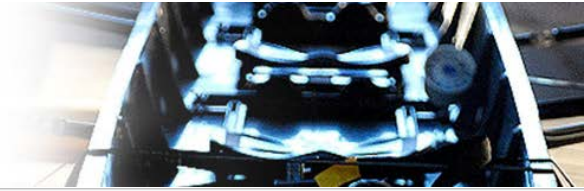
The individual carrying the oars to the oar rack will either have performed handwashing prior to picking up the oars or wear a pair of clean, unused gloves.

The outside of the club owned boat will be cleaned as usual after practice.

Any individual rowing their own equipment and using their own oars will be responsible for cleaning/disinfecting if desired per their choice.

Towels:

1. Towels can be reused if not soiled.
2. Towels that have been used and are soiled will be placed in the bin designated for dirty towels.
3. Responsibility for washing the towels will be rotated between the 3 groups – the AM masters, the Juniors and the PM masters
4. Cleaning of the towels requires nothing more than water, laundry detergent and a washing machine. A special “disinfectant” laundry detergent is not required.



How Soap Kills the COVID-19 Virus (SARS-CoV2)

