



2021 COVID-19 SAFETY GUIDELINES

March 2021

These guidelines are based on 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.

Participant Responsibilities:

1. All participants will wear a mask, except when in the boat, and will maintain social distancing as much as possible. If there is off-water training outdoors, participants must maintain a 6 foot distance from each other. When training indoors, participants must maintain a 12 foot distance.
2. Every participant will bring his/her own personal towel for handwashing pre and post rowing session.
3. Every participant, to include coaches and volunteer launch drivers, will go through a health screening process to include:
 - temperature taken with a temporal artery (forehead) digital thermometer;
 - answering the following screening questions:
 - Have you traveled to a high risk area such as NYC or overseas?
 - Have you had any contact with an individual who is positive for Covid -19?
 - Are you having any symptoms (fatigue, shortness of breath, dyspnea upon exertion, cough, sore throat, congestion, nausea, vomiting, diarrhea, loss of smell and/or taste, loss of appetite?
4. 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.
5. Oars will be carried to the dock by each individual participant.
6. The following US Rowing recommendations will be followed for boating:
 - a) train in singles or same household team boats;
 - b) when training in any boat that is not a single (8+, 4x, etc) or not from the same household:
 1. Row in groups of NO more than 10 people (9 athletes and 1 coach).
 2. Row in the SAME group each day and do not cross over to different groups to limit cross-group exposure.
 - c) Monitor all participants for any signs of symptoms each time they attend a practice or club function. At the sign of symptoms, all participants must contact their medical professionals

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

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

Coaches' responsibilities:

1. The coach will unlock/open and the 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.

Equipment Cleaning:

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 and a spray bottle of the disinfectant hydrogen peroxide.
- 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.

2. 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.

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

4. 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. Towel washing requires nothing more than water, laundry detergent and a washing machine. A special “disinfectant” laundry detergent is not required.

Attachment 1.

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

