

Pend Oreille Rowing and Paddling Association

2021 Rowing Program

Due to the current health circumstances, PORPA has decided to follow the USRowing returning-to-training recommendations. The whole document has been distributed to all our members. If needed, it is available on request.

Once the “Mudhole” is open and it is safe to row on the Priest River, based on water flow, we will implement the following PORPA guidelines.

Here are the Five Core Principles we will implement:

1. All members must follow state and local rules and regulations set forth by the public health authorities including group size.
2. Training should focus on a “get in, train, get out” approach, minimizing unnecessary contact.
3. Individuals should always maintain social distancing of at least six (6) feet in all areas when social distancing is required.
4. Training should be allowed in singles (1x) only in order to maintain proper social distancing where social distancing is recommended. Individuals living in the same residence (husband/wife, siblings, parent/child) may take out a double.
5. No team boats are allowed until social distancing guidelines are lifted due to the possibility of the transmission of the disease through respiratory signature. A respiratory signature is the footprint we leave in the air every time we expel air from our lungs through our nose and/or mouth. This can be anything from simply exhaling to talking, laughing, sneezing or coughing. At this time, USRowing does not recommend masks as a substitute for social distancing in order to row in team boats.
- 6) Latest USRowing guidelines allow team rowing under certain conditions and circumstances. These have to be understood, agreed upon and followed by the teams and have to be authorized by PORPA board of directors ahead of implementation.

Additional General Guidelines to be followed:

All sessions need to be registered online through PORPA.ORG. All safety measures and precautions need to be followed (check-in, check- out, PFD, cell phone carry pouch, etc.).

- Masks should always be worn on arrival, around the boat racks, on the way to the water and during launching. Masks can be removed once on the water in a boat but should be put back on when returning to land. Masks should be worn in addition to social distancing.
- Members must self monitor daily for symptoms. Please see “Return to Training/Athlete Health Monitoring” section in the USRowing document for details.

- All athletes, coaches and staff should sanitize or wash their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols regularly.
- Members should carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available.
- No personal items should be left by the boat racks. All personal items must remain in the individuals' vehicle or be brought in the boat with them.
- It is required to use PORPA's reservation system on Gomotion in order to manage the number of individuals onsite at one time. There will be at least a one-hour time gap between scheduled practices to allow for cleaning and disinfecting.

Equipment Use:

- All members must follow state and local guidelines pertaining to parks and public waterways in the operation of on-the-water training.
- Members should use their own equipment or the same pieces of equipment if unable to have their own – single (1x), oars, and adaptive equipment such as seat cushions, grip aids, etc.
- All oars should be wiped down with disinfectant before and after use.
- If shared equipment is being used, equipment should be thoroughly cleaned and disinfected before and after each use.
- When launching/landing, social distancing should be maintained. Multiple boats on the launch area should be allowed only if proper social distancing requirements can be met.
- Equipment clean and disinfect procedures have to be followed in detail every time.

Available Singles:

PORPA members have to have a valid certification for any of the available singles.

The following singles will be available to take out at the mudhole:

- Patricia - beginner's recreational single
- Warren's advanced recreational single
- Brent's MAAS 24
- Recently acquired Trimline - beginner's recreational single
- Alden Ocean recreational single
- Alden Star advanced recreational single
- Neher Firefly can be booked and could be launched with boat trailer if all other singles are booked (not stored at Mudhole)

Available Doubles:

PORPA members have to have a valid certification for any of the available doubles.

The following doubles will be available to take out at the Mudhole:

- LW 2x - advanced light weight double (175-lb average weight) available right now with 48 hrs advance notice.
- OW 2x - open water Wyntech double

Oars:

All boats have designated oars. Oars cannot be used on a different boat without consent of the rowing coordinator and supervised adjustment. Oars are on the newly built oar rack which is locked (key in the rigging box). Boat vs. oars coding is printed on the oar rack.

Transport:

A rolling rack for singles and doubles has been built and is available at the mudhole. The singles can be taken to the launch area with the dollies (4 available)