



## USRowing Re-opening the Boathouse/Return to Training Considerations Post-COVID-19

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*(Substantive changes are highlighted in yellow.)*

*The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content is provided for general informational purposes only. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.*

*The knowledge and circumstances around COVID-19 are changing constantly and, as such, USRowing makes no representation and assumes no responsibility for the accuracy or completeness of this information. The guidelines in this document are subject and subordinate to federal, state and local laws, rules, ordinances and regulations that apply to your location (“Applicable Laws”). USRowing does not condone or recommend disregarding or engaging in conduct not in conformity with Applicable Laws. In the event of any conflict or inconsistency between the guidelines in this document and any Applicable Laws, the Applicable Laws shall control.*

### **USRowing Guidelines for Re-Opening Boathouses**

USRowing is dedicated to protecting the health and safety of our members. With that in mind, the purpose of this document is to provide member organizations, coaches and athletes with information they can use to help minimize exposure and develop protocols for the re-opening of their boathouses and their return to training programs in the context of COVID-19.

As this document is meant to guide both large and small organizations in varied locations with differing resources, it should be used to help each organization develop a plan that is specific to their situation. Many of the recommendations rely upon rules and regulations set forth by public health authorities, which will be different across the country. These recommendations should be adapted to match the local prevalence of COVID-19 in their area.

Organizations should post their policies on their website and make them available for review at their boathouse.

Additionally, it is every organization’s responsibility to have [SafeSport requirements](#) and general [rowing safety protocols](#) in place. Failure to provide a safe rowing environment are grounds for suspension or revocation of organizational membership.

### **Return to Rowing Guidelines**



### **USRowing Requirements for Our Member Organizations:**

- All organizations and athletes **must follow state and/or local rules and regulations** set forth by their public health authorities (including group size). Organizations must **monitor these requirements regularly and adjust their protocols accordingly.**
  - When regulations differ between state and local authorities, organizations should follow the guidelines of the overriding authority for their location. Please check your state and local ordinances to confirm the overriding authority. Each organization's protocols and policies should be clear as to whether state or local serves as the overriding authority.
- **Pay attention to crowd capacity limits set by local or state authorities.**
- Individuals should always make an effort to **maintain physical/social distancing of at least six (6) feet and at least 12 feet in indoor training settings.** This includes coaches, athletes and staff.
- If eights, or other stern-coxed boats, are being rowed, coxswains **MUST** wear a well-fitting mask (or a surgical mask) and wrap-around eye protection while on the water unless all members of the boat are fully vaccinated.
- Vaccinations are not a substitute for these guidelines **unless specifically indicated.** All individuals who have been vaccinated for COVID should continue to follow these guidelines, including wearing masks and maintaining proper physical/social distancing, unless specifically indicated.
  - For the purposes of these guidelines, people are considered fully vaccinated for COVID two weeks after they have received the final dose of their vaccination sequence.

### ***USRowing also recommends the following:***

- When training in any boat that is not a single (8+, 4x, etc.) or not from the same household, USRowing recommends the following:
  - Row in groups of no more than 10 people (nine athletes and one 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 steps if they are symptomatic.
- **Around the boathouse, training groups in which all members are fully vaccinated no longer need to wear a mask outdoors, such as on the apron or on the docks, unless they are unable to maintain proper physical/social distancing from other groups. Well-**



fitted masks should still be worn in indoor public settings, such as the boathouse or boat bays, where other groups or unvaccinated individuals may be present.

- If wearing masks while training in team boats, USRowing suggests that coaches carry at least one extra mask per athlete, so wet masks can quickly be replaced.
- If you are rowing in team boats that are not from the same household, USRowing, in accordance with updated USOPC guidance, recommends using the [Harvard Global Health Institute](#) website as a resource to make informed decisions.

### **Additional General Guidelines**

- Athlete, coach and staff health must be monitored at least daily. Please see the “Return to Training/Athlete Health Monitoring” section 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.
- In most situations, [risk of infection from touching a surface is low](#). The most reliable way to prevent infection from surfaces is to [regularly wash hands or use hand sanitizer](#). Cleaning with products containing soap or detergent reduces germs on surfaces by removing contaminants and may also weaken or damage some of the virus particles, which decreases risk of infection from surfaces. Pay attention to commonly touched items in your area of training or boathouse such as doorknobs, hoses, water spigots, etc. These should be cleaned daily. Athletes should carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available.
  - You may want to either clean more frequently or choose to disinfect (in addition to cleaning) in shared spaces if certain conditions apply that can increase the risk of infection from touching surfaces:
    - High transmission of COVID in your community,
    - Low number of people wearing masks,
    - Infrequent hand hygiene, or
    - The space is occupied by certain populations, such as people at [increased risk for severe illness from COVID](#).
  - If there has been a sick individual or someone who tested positive for COVID in your facility within the last 24 hours, you should clean AND disinfect the space.
- USRowing recommends setting up a reservation system and online logbook in order to manage the number of individuals onsite at one time.

### **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. Each person should take their temperature daily prior to arrival at the boathouse. If their temperature is 100.4 degrees or over, the person should not come to the boathouse.
- USRowing recommends that athletes, coaches and staff arrive to the practice facility



wearing a mask and wear masks when not engaged in practice activity. Around the boathouse, training groups in which all members are fully vaccinated no longer need to wear a mask outdoors, such as on the apron or on the docks, unless they are unable to maintain proper physical/social distancing from other groups. Well-fitted masks should still be worn in indoor public settings, such as the boathouse or boat bays, where other groups or unvaccinated individuals may be present. Organizations should follow their state and/or local guidance regarding wearing masks.

- 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. USRowing recommends they receive clearance from their doctor to resume training or any club activity.
- 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.
  - Close-contact individuals who are fully vaccinated and are asymptomatic may continue club activity and do not need to quarantine.
- If training in groups, it is recommended to train in the same group and not mix training groups in order to decrease the risk of exposure across groups.

### Outdoor Facility Use

- Organizations must follow state and/or local guidelines pertaining to parks and public waterways in the operation of on-the-water training.
- Athletes should carry their specific oar set to and from the dock. Alternatively, the organization could have a club-appointed person (caddie) get equipment out of the boathouse to reduce the number of people in a boat bay.
- If shared equipment is being used, equipment should be thoroughly cleaned at least daily and should follow the recommendations on cleaning laid out under the Additional General Guidelines earlier in this document.
- Adaptive equipment should be thoroughly cleaned at least daily and should follow the recommendations on cleaning laid out under the Additional General Guidelines earlier in this document.
- When launching/landing, physical/social distancing should be maintained. Multiple boats on the dock should be allowed only if proper physical/social distancing requirements can be met.
- If possible, one dock/set of docks should be used for launching and a second dock/set of docks should be used for recovery. Separate docks should be used for para and adaptive athletes.



## Indoor Facility Use

- The operation of your indoor facility should follow state and/or local guidelines, particularly pertaining to gyms.
- Ergs and any other indoor equipment should be spaced at least twelve (12) feet apart and should be staggered so athletes are not in the slipstream of someone directly in front of them.
- All ergs and equipment should be thoroughly cleaned at least daily and should follow the recommendations on cleaning laid out under the Additional General Guidelines earlier in this document.
- When possible, open doors and windows to increase ventilation in rooms. The use of fans should be avoided. This is recommended for boat bays, as well as indoor training rooms.
- When meeting with coaches, physical/social distancing should be maintained. Masks should be worn by all parties unless all members of the group are fully vaccinated.
- If possible, one entrance should be used for access to facility and another one for exit.
- Hand sanitizer should be provided at all entrances and exits.

## Events

USRowing's number one priority is to run safe regattas, and COVID adds a new layer of planning to help ensure the safety of our athletes, coaches, referees, volunteers, staff, supporters, and other attendees. USRowing will establish a robust COVID risk mitigation plan for each of our USRowing-owned regattas this year. With input from USRowing's medical commission, the United States Olympic & Paralympic Committee, World Rowing, the NCAA, and IRA, as well as CDC and WHO guidelines, our COVID Working Group is developing these protocols in order to try to provide as safe of a competition environment as possible.

## Insurance Guidance

USRowing's insurance program does not include coverage related to communicable diseases including, but not limited to, the virus commonly known as COVID-19. This is a common exclusion in most policies. For your own safety and the safety of your rowers, please use this document and local, state and federal guidelines to create a mitigation plan. We urge you to not engage in activities that violate applicable government guidelines or the law. All claims will be subject to the terms, conditions, and exclusions contained within the policy.

Every individual that your program wishes to insure under the USRowing insurance program must be at least a Basic Member with a signed waiver. This includes providing coverage during practices and other non-competitive member club operations at your venue or premises.

## Additional Resources

\* [Harvard Global Health Institute](#) - Provides daily new cases per 100k people (7-day moving average) by state/county.



[CDC Covid Data Tracker](#)

[Johns Hopkins Coronavirus Resource Center](#)

[USRowing Coronavirus Information and Updates](#)