



# Walter Johnson Crew

## COVID-19 PREVENTION PROTOCOL

Version: 2.1

Last updated: August 30, 2020

### Prevention Guiding Principals

- Water time should focus on the “get in, train, get out” approach. Minimizing unnecessary contact.
- All individuals must wear a mask when participating in in-person team activities
- All individuals (athletes, coaches, board members, and parents) are required to maintain a 6-ft social distance when not actively participating in on the water activities. If rowers are waiting to launch and are not “hands on a boat” or sitting in a boat, they must be 6-ft apart. Coaches, team captains, and athletes are all tasked with monitoring the social distancing requirement and all other safety rules.

### Returning to the Water/Athlete Health Monitoring

- Any individual (athletes, coaches, and parents) must use extreme caution and frequent self-monitoring when travelling from region to region.
- Any individual known to be exposed to a person who has been sick and/or diagnosed with COVID-19 must notify Coach Andrew immediately if the rower has been present at the boathouse in the prior 14-day period AND the individual must self-quarantine for 14-days prior to returning to the boathouse or in-person team events.
- All individuals must self-monitor for symptoms of COVID-19 daily. Symptoms include; fever or chills, shortness of breath, fatigue, cough, congestion, sore throat, muscle or body aches, headache, nausea and diarrhea. Temperatures should be taken prior to attending practice. If their temperature is 100.4 degrees Fahrenheit or over, the individual should not come to the boathouse AND notify Coach Andrew immediately.
- If an individual has had a documented case of COVID-19, they will need a note from their doctor prior to returning to the boathouse or in-person team events.

### Arrival at the Boathouse

- All individuals (athletes, coaches, and parents) **must wear masks** BEFORE entering the boathouse compound. Anyone arriving without a mask will not be allowed to enter the boathouse compound. If a rower arrives to the boathouse without their mask, they should notify a coach immediately.



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### **Arrival at the Boathouse (cntd.)**

- Coaches will complete the COVID-19 intake survey for each athlete arriving to the boathouse
- Only athletes and coaches are allowed within the gates of the boathouse compound.
- The boathouse is utilizing a one-way traffic pattern. All individuals must enter from the gates on the maintenance/water side and exit on the side by the boat racks. (Putting boats away is the one exception to this traffic pattern)
- BEFORE entering the boathouse compound, a coach will conduct a temperature check and provide hand-sanitizer to each athlete. The athletes temperature will be recorded on the intake survey.
- Specific arrival times will be assigned for designated water times. If you will be late, please notify the supervising coach immediately. If you arrive early, please wait until your time before approaching the boathouse compound.
- No personal items should be stored in the boathouse compound. Water bottles are allowed but must have rower's name clearly marked on them.

### **Equipment**

- Rowers will be designated specific equipment.
- Rowers should not touch anything at the boathouse except their assigned equipment.
- Oars will be placed by the first pair partner arriving on the fence by the boat ramp. Oars will be sanitized in the designated sanitation station before being put away.
- Bathrooms on site will only be used in case of emergency. Rowers should arrive ready to row.
- Coxswains should NOT carry rowers' water bottles.
- Coxswains will be assigned a specific cox box and microphone that they will take home and come to practice with.



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### Launching

- Rowers will launch in a staggered manner.
- Once equipment has been taken to the dock, the boat will launch immediately and row to the “No Wake” sign

### On the Water

- Once the boat is 100 meters from the dock, masks are optional for rowers. Coxswains will wear eye protection (glasses, goggles, sunglasses) and masks in the boat at all times
- No sharing of water bottles or switching seats
- Coaches will wear masks in the launch unless they are alone. If they approach a shell, they will make sure to have a mask on.
- No spitting
- No high-5s, fist bumps, or touching of any kind.

### Recovery

- Masks must be put back on prior to approaching the dock
- When boats dock, a coach will catch the boat
- Rowers will place boats in slings for sanitization, and then sanitize and put away their oars
- Once boats have been sanitized by the coaches, they will be washed with soap and water by the athletes, put away and strapped down.
- Once equipment is put away, athletes must exit the compound immediately
- No post practice meeting with coaches or other rowers. All questions should be submitted via email to the supervising coach

### Coaches' Responsibilities

- There will be a comprehensive log of attendance for each water session
- Coaches are responsible for monitoring athletes for signs or symptoms of COVID-19 during practice. If there are any signs or symptoms of COVID-19 detected in an athlete, the rower will immediately be separated from the other participants and parents will be notified immediately. The rower will be sent home and instructed to contact their healthcare provider.



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### **Coaches' Responsibilities (cntd.)**

- Coaches are responsible for ensuring equipment is properly sanitized after each and every practice.
- Coach Andrew will notify the team if a COVID-19 infection is confirmed among the team athletes and further steps will be taken as necessary

### **Rowing Partners (Pairs/Fours)**

- Rowers will be paired up with one additional participant of similar skill level to share a pair (2 rowers, no coxswain).
- Rowers will be placed into a designated "cluster" of 4 (2 total pair partners). These clusters will be used when rowing in 4s. Rowers in a cluster can fill in for a pair partner if something prevents one pair partner from arriving to a water session, but it is encouraged to avoid switching partners within the cluster.
- Rowers (and parents) will send in preference for a pair partner, but these will be assigned based on relative skill level, and availability.
- Rowing "clusters" will not change for the duration of the on-water sessions, unless health realities improve drastically.
- Rowing in Fours will be allowed if the 7-Day Rolling Average of new COVID-19 cases in Montgomery County is 75 or below. (This guidance is taken directly from U.S Rowing who advises that team boats should only be used if new daily cases are below 7.14/100,000 people).
- Coaches will have discretion for allowing fours if the average is approaching the threshold of 75 (just because the number of cases is 74 does not mean there will be sessions for fours).
- Lineups for 4s will be comprised of one rowing "cluster" and one coxswain.