

# Guidelines for Learn to Row

**Purpose:** This document will outline the roles and responsibilities for the CC Boathouses' approved learn to row programs during the covid-19 pandemic

**Background:** The covid-19 pandemic is a worldwide crisis that has altered daily activities for everyone. As a new normal emerges, we would like to take all possible precautions to make sure everyone stays healthy and safe. Critical elements of any plan must include social distancing (6 feet apart), hand hygiene, covid-19 screening, appropriate use of surface and equipment cleaning.

## **Prior to arrival at the Boathouse:**

1. Prior to arrival everyone must fill out the waiver on the Camden County Boathouse website.
2. Only single boats can be rowed! NO QUADS OR DOUBLES are allowed until further information from the county or state is received.
3. All members coming to the boathouse should be in good health with a temperature under 100.4 degrees, no cough, headache or other signs of the virus. If you have been exposed to the virus please be sure you have quarantined for at least 14 days. Forehead swipe thermometer will be provided by the County & will be disinfected after each use.
4. Temperatures will be taken upon arrival by: Please designate an individual/coach from each team who will be responsible for this.
5. Proper mask covering is to be worn at all times from leaving your car, entering the boathouse, preparing and carrying the boat to the water. You may remove your face covering to row but need to put it back on when you return to the dock.
6. Social distancing, at least 6 feet apart will be enforced by coaches, and Boathouse.
7. 2<sup>nd</sup> floor facilities will be off limits
8. Restrooms will be accessible on 1<sup>st</sup> floor and will allow 2 people in at a time

## **Parking:**

- 1 Remember to maintain proper social distancing
- 2 Do not congregate in the parking lot or on the deck. Once done rowing and cleaning equipment please leave the area in a timely manner

## **In the Bay:**

1. 10 people TOTAL are allowed in the bay at one time. If more people arrive they must wait outside the bay and only enter when one of the rowers leave the bay
2. Each program will supply their own sanitizing products i.e. purell, lysol wipes. A list of sanitizing products needs to be sent to the CCB upon approval of program. Also please designate an individual who will be disinfecting or monitoring the disinfecting of each single or equipment used.
3. Sculling blade handles and shafts to the collar need to be wiped down with alcohol or disinfectant
4. All surfaces that have contact need to be wiped down frequently. This includes but is not limited to railings, launches, equipment, door handles, bathroom surfaces, etc...

## **On the Pad/Docks:**

1. Place slings adequately distanced apart from the other boats
2. Minimize your time on the docks by launching in a timely manner
3. Remember social distancing
4. Stay off the dock unless you are carrying a boat

**Rower Responsibilities:**

1. Arrive as close to start time as possible
2. Wear mask upon exiting your car and while on land
3. Maintain hand hygiene frequently
4. Enter the boathouse through the main lobby for temperature taking
5. Make sure waiver is signed before entering the boathouse
6. Social distancing will be enforced
7. Mask can be removed once on the water
8. Follow proper patterns when on the river
9. Rowers will return to dock (with mask on) in an order designated by the coach and return equipment to the boathouse as instructed by the coach
10. Rowers will carry shell to boathouse and place on stretchers and disinfect all hand contact areas. The shell will be hosed off and dried using a designated towel and disposal bag
11. Rowers will then clean hands with alcohol and dispose of wipes in designated bin
12. The shell will then be placed back on the rack
13. Rowers will then leave boathouse immediately getting into car and not congregating

**Coach Responsibilities:**

1. Coaches will determine the appropriate ratio of coach to scullers for each session.
2. Coaches will perform hand hygiene frequently
3. Only one coach allowed per launch
4. Coaches will bring down blades and place in delineated spaces on the pad with gloves on. Gloves will be discarded in outdoor designated bin upon completion
5. Coaches will return blades to the boathouse after usage again using gloves
6. Coaches will be responsible for fueling the launches

**CC Boathouse Responsibilities:**

1. Shall be charged with enforcing all safety measures
2. All staff will wear masks inside the boathouse and bays
3. All staff will perform hand hygiene frequently, observe social distancing and abide by covid screening guidelines
4. Will have CDC approved cleaning done daily inside the Boathouse as well as the bays
5. Will dispose of all waste materials daily in boathouse and bays

\* If you cannot adhere to the guidelines you will be asked to leave by a CC Boathouse employee

\* The Boathouse staff has the right to end all rowing and ask people to leave at anytime