

# COVID-19 Rowing Protocols

## THE BIG PICTURE

- *Rowing singles is an inherently safe, physically distanced activity. But we need to be careful while we are on land and on the dock, both for our own safety and as a courtesy to our fellow members.*
- GDRA requires that you comply with all City of Dayton, Montgomery County, and Ohio Orders and CDC Guidelines. *When requirements, recommendations or guidelines differ among the City, County or State, we will comply with the most restrictive.*
- GDRA also requires you to follow the additional COVID-19 Rowing Protocols listed below.

## IF YOU OR SOMEONE ELSE IS SICK OR VULNERABLE

- ***Do not come to the boathouse** if you *feel sick or* have any *COVID-19* symptoms (*fever or chills, cough, muscle or body aches, shortness of breath or difficulty breathing, fatigue, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea* ). *You must self-report to GDRA (president@daytonrowing.org), and you are prohibited from coming to the boathouse or rowing for 14 days after resolution of your symptoms.**
- ***Do not come to the boathouse** if you have had any exposure to a known contact with diagnosed or suspected COVID-19. *You must self-report to GDRA (president@daytonrowing.org) and you are prohibited from coming to the boathouse or rowing for 14 days after that exposure.**
- Since COVID-19 is potentially more serious in older individuals and people with underlying health conditions, people who are at greater risk or who have close contacts at increased risk, should seriously consider not coming to the boathouse or rowing.

## TRAVEL RESTRICTIONS

- If you have traveled out of the area or the state, please check for and follow any restrictions or quarantine requirements mandated by the State of Ohio. Even if you are not required to quarantine, please consider the degree of exposure that your particular trip entailed and make a conscious decision as to whether you should come to the boathouse.

## FACE MASKS

- *Inside the boathouse, you are required to wear face coverings **at all times.***
- *Outdoors, wear your mask anytime that you may have difficulty maintaining 6 foot physical distance.*

## ON-LINE SCHEDULING

- All rowers must use the on-line reservation system, to limit *arrivals per* hour.
- *Please* only make two advance reservations at a time. *The software does not automatically enforce this, so we* rely on your courtesy to your fellow rowers.

## BOATHOUSE LIMITS

- **Limit 2 people inside a boat bay at a time.**
- Only enter the boathouse to remove/replace equipment, to wash hands and to read notices on the board.
- No erging, stretching or socializing inside the boathouse.
- Changing room is closed.

## WASHING YOUR HANDS

- Everyone is required to wash their hands with soap and water promptly upon arrival *at the boathouse.*

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## WASHING BOATS

- Club boats must be scrubbed with soap & water *and rinsed with a hose* after every use, including the entire cockpit, seat, gunnels, foot-stretchers, oarlocks, and carry handles.
- Dump wash buckets and fill with clean soap & water before you use them. Leave brushes & sponges floating in the soapy water when you are done.
- The permanent outdoor boat slings are preferred to folding slings. If you do use folding slings, you *should* wash them down with soap and water.

## TOWELS

- Ideally, bring a boat towel from home. If you use one from the *stack* of club towels, then take it home.
- Do not leave used boat towels anywhere in the boathouse, not even hanging on your own boat or rack.

## SINGLES ONLY

- **Single rowing only**, except members of the same household may row a double.
- Two rowers may still assist each other to safely carry their boats, as long as they maintain Social Distancing Requirements.

## CLUB BOATS & OARS

- Club boats with clogs [19 singles] are easy to clean and can be shared, provided that they are *washed* after every use.
- Club boats with shoes [5 singles] are difficult to clean and will be assigned to an individual.
- Doubles are off limits due to Social Distancing, except when a double is assigned to members of the same household.
- Each pair of club oars will be assigned to a single person for the duration of the COVID-19 crisis.

## MAKING SURE EVERYONE UNDERSTANDS & AGREES

- Everyone must study the COVID-19 Rowing Protocols and take the COVID-19 Protocols Training, administered in small groups on Zoom video-conference. *Contact [president@daytonrowing.org](mailto:president@daytonrowing.org) to arrange for training*. After passing the training class, you will be given the combination to the boathouse and *the link for Arrival Time Reservations*.

## ADDITIONAL NOTES:

- GDRA members only. No guest rowing, except in the case of family members, or people staying in the same household. For family/household guests, the member will need to contact the COVID-19 Committee ahead of time to discuss COVID-19 Protocol training for the guest.
- Members may be accompanied by a non-rower who helps them carry their boat. The member shall ensure that their helper complies with all COVID-19 Rowing Protocols. There is no need to have the helper occupy a time slot on the Scheduling Software, but as a courtesy the rower may note the helper's name in the comment box on the rower's own reservation.
- Erging: Members (and helpers) may use an erg outdoors, but not inside the boathouse. The erg needs to be thoroughly cleaned and disinfected after every use.