

COVID-19 Rowing Protocols

THE BIG PICTURE

- We need to be careful, both for our own safety and as a courtesy to our fellow members.
- Rowing singles is an inherently safe, physically distanced activity, but team boats put rowers close together, breathing hard, for an extended period. So, there will be different protocols for singles versus team boats.
- Rowing in team boats is now open to 100% vaccinated crews or 100% household crews.
- *If you would like to be added to the list of members who are approved for rowing multi-seat team boats, then email a photo of your vaccination card to covid19@daytonrowing.org. No private information from your vaccination card will be distributed, except for the fact that you have been vaccinated and are therefore approved for team boats.*
- GDRA requires that you comply with all City of Dayton, Montgomery County, Ohio and CDC orders and 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 (covid19@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 (covid19@daytonrowing.org) and you are prohibited from coming to the boathouse or rowing for **14 days** after that exposure.

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.

VACCINATED INDIVIDUALS MAY ROW TEAM BOATS

- As Covid-19 vaccinations begin to be distributed, team boat rowing from separate households may resume 14 days after all members of the boat have received the final dose of the vaccination. Whenever not rowing, members of those boats should continue to follow the other Covid-19 guidelines including social/physical distancing and the wearing of masks.
- Coxswains must be vaccinated, but no vaccine is 100% safe. So, because of their vulnerable position in the aerodynamic slipstream of the rowers, stern seat coxswains should consider wearing a mask and eye protection.

NON-VACCINATED INDIVIDUALS LIMITED TO SINGLES or HOUSEHOLD TEAM BOATS

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

CLUB BOATS & OARS

- Each pair of club oars will be assigned to a single person for the duration of the COVID-19 crisis.

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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.

FACE MASKS

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

BOATHOUSE LIMITS

- **Limit 2 people inside a boat bay at a time**, except for team boat rowers when they are getting equipment out for their team boat row.
- 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.

WASHING YOUR HANDS

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

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.

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.

MAKING SURE EVERYONE UNDERSTANDS & AGREES

- All new members must study the COVID-19 Rowing Protocols and take the COVID-19 Protocols Training, administered in small groups on Zoom video-conference or in person. Contact 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.