

# 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, unable to cover coughs or sneezes, for an extended period. So, there are different protocols for singles versus team boats.
- GDRA complies with USRowing, City of Dayton, Montgomery County, Ohio and CDC requirements and guidelines. When those requirements or guidelines differ, we will typically comply with the most restrictive.

## IF YOU MIGHT HAVE COVID-19

- **Do not come to the boathouse** if you have tested positive for COVID-19. You must self-report to GDRA ([covid19@daytonrowing.org](mailto:covid19@daytonrowing.org)), and you are prohibited from coming to the boathouse or rowing for 14 days after the test.
- **Do not come to the boathouse** if you feel sick or if you have any COVID-19 symptoms (fever, chills, cough, muscle or body aches, shortness of breath, difficulty breathing, fatigue, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea). You must self-report to GDRA ([covid19@daytonrowing.org](mailto: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 close contact to a person with diagnosed or suspected COVID-19. You must self-report to GDRA ([covid19@daytonrowing.org](mailto:covid19@daytonrowing.org)) and you are prohibited from coming to the boathouse or rowing for **14 days** after that exposure.

## **VACCINATED INDIVIDUALS MAY ROW TEAM BOATS and MAY SKIP MASKS**

- You are considered vaccinated after providing proof that 14 days have passed since your final shot.
- Proof is typically provided by emailing a photo of your vaccination card to [covid19@daytonrowing.org](mailto:covid19@daytonrowing.org). No private information from your vaccination card will be distributed, except for the fact that you have been vaccinated.
- *Individuals who are uncomfortable emailing their vaccination card may arrange for an in-person inspection of their original document by the Club President or his designee.*
- A list of vaccinated individuals is posted at the boathouse. No personal information will be posted other than people's names.
- Team boat rowing from separate households may resume 14 days after all members of the boat have received the final dose of the vaccination and provided proof of vaccination to GDRA.
- Coxswains must be vaccinated, but no vaccine is 100% safe. Because of their vulnerable position in the boat, stern seat coxswains are strongly encouraged to wear a mask and eye protection.

## **UN-VACCINATED INDIVIDUALS ARE LIMITED TO SINGLES & HOUSEHOLD TEAM BOATS**

- Un-vaccinated rowers may row singles and household team boats.
- *Unvaccinated people must wear a mask inside the boathouse at all times.*
- *Unvaccinated people must wear a mask outdoors anytime they may have difficulty maintaining 6 foot physical distance from anyone not in their household.*

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## BOATHOUSE LIMITS

- Please limit the number of people inside a boat bay at a time.
- 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 washed with soap & water and rinsed with a hose after every use, including the cockpit, seat, gunnels, foot-stretchers, oarlocks, and carry handles.**

## ERGING:

- Members (and helpers) may use an erg outdoors, but not inside the boathouse. The erg needs to be cleaned after every use.

## *GUEST ROWING*

- *Members may now take guests out for rows as specified in the Club Rules (highly experienced member, adult guest, maximum 3 times, notify [President@daytonrowing.org](mailto:President@daytonrowing.org) in advance, etc). It is the member's job to explain & enforce the GDRA Covid19 Rowing Protocols, particularly regarding social distancing. If the guest is fully vaccinated, then they may row team boats and may skip masks by emailing a photo of their vaccination card to [covid19@daytonrowing.org](mailto:covid19@daytonrowing.org).*

## ADDITIONAL NOTES:

- 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.