



USRowing Re-opening the Boathouse/Return to Training Considerations Post-COVID-19

Version 9.0

2/16/2021

(Substantive changes are highlighted in yellow.)

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content is provided for general informational purposes only. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

The knowledge and circumstances around COVID-19 are changing constantly and, as such, USRowing makes no representation and assumes no responsibility for the accuracy or completeness of this information. The guidelines in this document are subject and subordinate to federal, state and local laws, rules, ordinances and regulations that apply to your location (“Applicable Laws”). USRowing does not condone or recommend disregarding or engaging in conduct not in conformity with Applicable Laws. In the event of any conflict or inconsistency between the guidelines in this document and any Applicable Laws, the Applicable Laws shall control.

USRowing Guidelines for Re-Opening Boathouses

USRowing is dedicated to protecting the health and safety of our members. With that in mind, the purpose of this document is to provide member organizations, coaches and athletes with information they can use to help minimize exposure and develop protocols for the re-opening of their boathouses and their return to training programs in the context of COVID-19.

As this document is meant to guide both large and small organizations in varied locations with differing resources, it should be used to help each organization develop a plan that is specific to their situation. Many of the recommendations rely upon rules and regulations set forth by public health authorities, which will be different across the country. These recommendations should be adapted to match the local prevalence of COVID-19 in their area.

Organizations should post their policies on their website and make them available for review at their boathouse.

Additionally, it is every organization’s responsibility to have [SafeSport requirements](#) and general [rowing safety protocols](#) in place. Failure to provide a safe rowing environment are grounds for suspension or revocation of organizational membership.



Return to Rowing Guidelines

USRowing Requirements for Our Member Organizations:

- All organizations and athletes **must follow state and/or local rules and regulations** set forth by their public health authorities (including group size). **Organizations must monitor these requirements regularly and adjust their protocols accordingly.**
 - When regulations differ between state and local authorities, organizations should follow the guidelines of the overriding authority for their location. Please check your state and local ordinances to confirm the overriding authority. Each organization's protocols and policies should be clear as to whether state or local serves as the overriding authority.
- Training should focus on a **“get in, train, get out” approach**, minimizing unnecessary contact.
- **Only** rowers and necessary staff should be present during trainings.
- Individuals should always make an effort to **maintain physical/social distancing of at least six (6) feet and at least 12 feet in indoor training settings.** This includes coaches, athletes and staff.
- If eights, or other stern-coxed boats, are being rowed, coxswains **MUST** wear a well-fitting mask (or a surgical mask) and wrap-around eye protection while on the water.
- **Vaccinations ARE NOT a substitute** for these guidelines. All individuals who have been vaccinated for COVID should continue to follow these guidelines including wearing masks and maintaining proper physical/social distancing.

USRowing also recommends the following:

- USRowing recommends training in singles (1x) or same household team boats (spouse/partner, siblings, parent/child, roommate), whenever possible, in order to maintain proper physical/social distancing.
- **When training in any boat that is not a single (8+, 4x, etc.) or not from the same household, USRowing recommends the following:**
 - **Row in groups of no more than 10 people (nine athletes and one coach).**
 - **All participants row in the same group each day and not cross over to different groups to limit cross-group exposure.**
 - **All participants be monitored by the rowing club for any signs of symptoms each time they attend a practice or club function, and at the sign of symptoms, all participants are in contact with medical professionals immediately in order to proceed to the next steps, which may include quarantine, contact tracing, and testing.**
- Masks should always be worn in and around the boathouse, on the apron and on the docks. Masks can be removed once on the water but should be put back on when returning to the dock. Masks should be worn in addition to physical/social distancing.
- **If wearing masks while training in team boats, USRowing suggests that coaches carry at least one extra mask per athlete, so wet masks can quickly be replaced.**
- If you are rowing, or considering rowing, in team boats that are not from the same



household, USRowing, in accordance with updated USOPC guidance, recommends using the [Harvard Global Health Institute](#) website as a resource to make informed decisions to return to rowing team boats.

Additional General Guidelines

- Athlete, coach and staff health must be monitored at least daily. Please see “Return to Training/Athlete Health Monitoring” section for details.
- All athletes, coaches and staff should sanitize or wash their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols regularly.
- Communal spaces should be closed when possible (locker rooms, drinking fountains, etc.) Pay attention to commonly touched items in your area of training or boathouse such as doorknobs, hoses, water spigots, etc. These should be disinfected regularly if they are not closed. Athletes should carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available.
- USRowing recommends that personal items remain in the individuals’ vehicle or be brought in the boat with them, not stored in the boathouse. If storage of personal items is allowed, storage units must be wiped down with disinfectant before and after every use.
- USRowing recommends setting up a reservation system and online logbook in order to manage the number of individuals onsite at one time.

Return to Training/Athlete Health Monitoring

- Any individual (athletes, coaches, and staff) returning to the boathouse or to a training environment should have been in that general geographic location for 14 days prior to coming to the boathouse.
- All clubs should designate a person to manage their return to training protocols.
- Any individual known to have high-risk contact to a person who has been sick and/or diagnosed with COVID-19 must self-report to the club’s designated protocol manager.
- All individuals should self-monitor for symptoms of COVID-19 daily. Each person should take their temperature daily prior to arrival at the boathouse. If their temperature is 100.4 degrees or over, the person should not come to the boathouse.
- USRowing recommends that athletes, coaches and staff arrive to the practice facility wearing a mask and wear masks when not engaged in practice activity. Organizations should follow their state and/or local guidance regarding wearing masks.
- If someone shows symptoms, they should not attend practice or a club function. The individual should reach out to his or her doctor for assistance and should inform their club. USRowing recommends they receive clearance from their doctor to resume training or any club activity.
- In the case of a positive test, the individual must inform the club. The club should contact trace for close-contact individuals and notify those individuals that they have had close contact with someone who has tested positive for COVID-19.
- Close-contact individuals should contact their doctor and not attend practice or a club function until they have been cleared to resume training or any club activity.



- If training in groups, it is recommended to train in the same group and not mix training groups in order to decrease the risk of exposure across groups.

Outdoor Facility Use

- Organizations must follow state and/or local guidelines pertaining to parks and public waterways in the operation of on-the-water training.
- Athletes should use their own equipment or the same pieces of equipment daily if unable to have their own – boat, oars, and adaptive equipment such as seat cushions, grip aids, etc.
- The athlete should carry their specific oar set to and from the dock. Alternatively, the organization could have a club-appointed person (caddie) get equipment out of the boathouse to reduce the number of people in a boat bay.
- All oars should be wiped down with disinfectant before and after use.
- If shared equipment is being used, equipment should be thoroughly cleaned and disinfected before and after each use.
- Adaptive equipment should be wiped down with disinfectant before and after use.
- When launching/landing, physical/social distancing should be maintained. Multiple boats on the dock should be allowed only if proper physical/social distancing requirements can be met.
- If possible, one dock/set of docks should be used for launching and a second dock/set of docks should be used for recovery. Separate docks should be used for para and adaptive athletes.

Indoor Facility Use

- The operation of your indoor facility should follow state and/or local guidelines, particularly pertaining to gyms.
- Ergs and any other indoor equipment should be spaced at least twelve (12) feet apart and should be staggered so athletes are not in the slipstream of someone directly in front of them.
- All ergs and equipment must be wiped down with disinfectant before and after every use. No exceptions.
- When possible, open doors and windows to increase ventilation in rooms. The use of fans should be avoided. This is recommended for boat bays, as well as indoor training rooms.
- Locker rooms and other common areas should be closed. Athletes should come prepared to work out and leave the facility when finished.
- When meeting with coaches, physical/social distancing should be maintained. Masks should be worn by all parties.
- If possible, one entrance should be used for access to facility and another one for exit.
- Hand sanitizer should be provided at all entrances and exits.



Events

As the spread of the Covid-19 virus continues to surge across the country, we still do not know whether we will be able to hold some of our championship events in 2021, especially certain spring regional events. We have announced a tentative racing schedule for 2021 for planning purposes only and will confirm information approximately 60 days before the scheduled regatta. Please [click here](#) for a copy of that schedule.

Given the unpredictability, organizations are encouraged NOT to book any non-refundable flights, hotel rooms or other travel arrangements until more specific information has been announced by USRowing for each event and only after the regatta specific "confirmation date" listed [here](#).

Insurance Guidance

USRowing's insurance program does not include coverage related to communicable diseases including, but not limited to, the virus commonly known as COVID-19. This is a common exclusion in most policies. For your own safety and the safety of your rowers, please use this document and local, state and federal guidelines to create a mitigation plan. We urge you to not engage in activities that violate applicable government guidelines or the law. All claims will be subject to the terms, conditions, and exclusions contained within the policy.

Every individual that your program wishes to insure under the USRowing insurance program must be at least a Basic Member with a signed waiver. This includes providing coverage during practices and other non-competitive member club operations at your venue or premises.

Additional Resources

* [Harvard Global Health Institute](#) - Provides daily new cases per 100k people (7-day moving average) by state/county.

[CDC Covid Data Tracker](#)

[Johns Hopkins Coronavirus Resource Center](#)

[USRowing Coronavirus Information and Updates](#)