

# Rio Salado Rowing Club Covid-19 Safety Precautions

Revision 1  
Effective Date: October 25, 2020  
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**PURPOSE OF THIS TOOL:** During times of pandemic, such as the COVID-19 crisis in 2020, it is essential the Board clearly demonstrate focus and engagement regarding the COVID-19 Pandemic, with ongoing monitoring of aspects nationally, locally -- and within the Club, itself. The primary objective of the oversight and planned actions is the protection of Member personal health and safety, as well as others in the rowing community, and the general public at large.

## Background

Successful organizations have written guidance governing their oversight and response to pandemic planning. This policy provides guidance in these areas relating to pandemic response.

## Guidance

US Rowing Statement in "USRowing Re-opening the Boathouse/Return to Training Considerations Post-COVID-19"

*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.*

## Insurance Guidance

- Rio Salado Rowing Club's insurance through US Rowing contains an explicit exclusion for loss or damage caused by or resulting from any virus, bacterium or other microorganism that induces or can induce physical distress, illness, or disease. **Row at your own risk for infection.**

## Policy Summary

- Maintain physical distance at least 6 feet apart.
- Wear a mask at the boatyard, around the hose areas, and while carrying oars.
- Use hand sanitizer upon arrival at the boatyard.
- Wipe oars with disinfectant before and after use.
- Boat size and class size requirements are addressed in the Appendix.
- Self-monitor for symptoms and if you are sick or exposed to someone with COVID-19, stay home (report COVID-19 exposure or illness to coach).

## Guiding Principles

- Rio Salado Rowing Club and all athletes must follow state and/or local rules and regulations set forth by the public health authorities, including group size. When regulations differ between state and local authorities, Arizona guidelines must be followed unless the state has specifically delegated authority to counties and/or local authorities. The guidelines of the overriding authority for our location will be followed.

- Training should focus on a “get in, train, get out” approach, minimizing unnecessary contact.
- Individuals must always maintain physical distancing of at least six (6) feet in all areas. This includes coaches, athletes and staff.
- Training should be allowed in singles (1x) only in order to maintain proper physical distancing. Individuals living in the same residence (husband/wife, siblings, parent/child) may take out a double/pair (2-/2x) or a four/quad (4-/4x).
- No coach or athlete should report to training if they are experiencing a fever or any symptoms of COVID-19; or if they have been exposed to an individual who has COVID-19. If any doubt exists, stay home.

Please refer to the Appendix to this Policy for current requirements on allowable boats and class size. These will be updated by the RSRC Board as conditions dictate. Update of that list shall be denoted by a stated revision number and date of revision. Update of the Appendix may occur without requiring issuance of a full revision of this policy by the RSRC Board.

### **Team Boats**

- The following standards published by FISA (based on WHO recommendations) will be followed in order to resume rowing in team boats.
  - Training in team boats may resume when the local infection rate is less than 50 new cases per 100,000 people in total for the last seven-day period for two consecutive weeks. This is determined by rate for Maricopa County.
- Source for Maricopa County Numbers:
  - <https://www.maricopa.gov/5460/Coronavirus-Disease-2019>
- If Maricopa County’s infection rate is near the recommended case limit and in an upward/worsening trend, it is encouraged to proceed with caution before moving to rowing in team boats in order to prevent having to shut down again.
- It is recommended to row in the same training groups each day to limit cross-group exposure.

### **Additional General Guidelines**

- Masks must always be worn at the boatyard and at the hose areas. Masks can be removed when carrying the boat down to the beach and while launching or landing at the beach.
  - Masks must be worn while carrying oars to the beach, unless doing so alone.
- All athletes, coaches and staff must use hand sanitizer or wash hands with soap upon arrival.
- 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.
- Any personal items that are placed or stored at the boatyard should be considered contaminated, and be wiped down with disinfectant before and after every use.
- Group size is limited to 10 or fewer persons.
  - Current class size limit is 8 with coach discretion.
  - Level 1 and Level 2 class size limit is 6 with coach discretion.

### **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.
- Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to the coach (who will report to Rio's COVID-19 Response Coordinator) if they were at the boathouse within the prior 14 days; and the individual must self-quarantine for 14 days before returning, per Arizona Department of Health Services guidelines.
- 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 temperature is 100.4 degrees or over, the person should not come to the boathouse.
- If someone feels sick, they must not attend practice. The individual should reach out to his or her doctor for assistance.
- If an individual has had a documented case of COVID-19, USRowing recommends they receive clearance from their doctor to resume training.

### **Outdoor Facility Use**

- The athlete must carry their specific oar set to and from the beach and not carry oars for others.
- Wipe all oars down with disinfectant before and after use.
- In order to help prevent congestion and maintain physical distance when prepping and cleaning boats, any boat north of the middle rack must be taken to the north side of the boatyard; and any boat in the middle rack or south of it must be taken to the south side.
- When launching/landing, physical distancing must be maintained. Multiple boats on the beach will be allowed only if proper physical distancing requirements can be met.

### **Resources**

US Rowing COVID-19 website:

<https://usrowing.org/sports/2020/3/4/usrowing-coronavirus-information-and-updates.aspx>

Maricopa County COVID-19 Cases and Information:

<https://www.maricopa.gov/5460/Coronavirus-Disease-2019>

## **Appendix to RSRC Board Policy**

RSRC Board Rowing Limitations are as shown below.

As of July 11, 2020

1. Singles only except for members of the same residence.
2. Max class size is 8; Level 1 and Level 2 max class size is 6; up to coach discretion.

The list of items included in the limitations may be updated by the RSRC Board as conditions dictate. Update of that list shall be denoted by a stated revision number and date of revision. Update of the Appendix may occur without requiring issuance of a full revision of this Policy by the RSRC Board.

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Revision 0

Dated July 11, 2020