

### **INDOOR PRINCIPLES**

- Practice should focus on the “get in, train, get out” approach. Minimizing unnecessary contact.
- All individuals (athletes, coaches, and staff) are required to maintain a 6-ft social distancing. Coaches, team captains, and athletes are all tasked with monitoring the social distancing requirement and all other safety rules.

### **RETURN TO TRAINING/ATHLETE HEALTH MONITORING**

- Any individual (athletes, coaches, and staff) must use extreme caution and frequent self-monitoring when travelling from region to region during the winter season.
- Any individual known to be exposed to a person who has been sick and/or diagnosed with COVID-19 need to notify Coach Joe immediately if the rower has been present at the indoor center in the prior 14-days AND the individual must self-quarantine for 14-days prior to returning to training.
- All individuals must self-monitor for symptoms of COVID-19 daily. Symptoms include; fever or chills, shortness of breath, fatigue, cough, congestion, sore throat, muscle or body aches, headache, nausea and diarrhea. Temperatures should be taken prior to attending practice. If their temperature is 100.4 degrees or over, the individual should not come to the boathouse AND notify Coach Joe immediately.
- If an individual has had a documented case of COVID-19, they will need a note from their doctor prior to returning to training.

### **ARRIVAL AT THE INDOOR CENTER**

- Specific block times will be filled using Sign-Up Genius or through permanent assignment (If specifically assigned by a coach).
- Athletes cannot come into the building early unless they are signed up for the first block.
- Temperatures will be taken upon arrival and anyone with a temperature over 100.3 will be sent home immediately.
- Any individual (athletes, coaches, and staff) **must have their hands sprayed with hand sanitizer (80% Ethanol)** upon arrival at the indoor center.
- Athletes must go directly to the erg of their choice when arriving.
- All individuals (athletes, coaches, and staff), **must wear masks** BEFORE entering the indoor space. If any individual arrives without a mask, they will not be allowed to enter until a mask is provided. If a rower arrives to practice without their mask, they should text a coach immediately so one can be provided.
- Only athletes, coaches, and staff are permitted in the indoor space this winter.
- No personal items or bags will be allowed to enter the indoor space. Water bottles are allowed but must have rower’s names clearly marked on them.

### **EQUIPMENT**

- Every rower will use one erg exclusively for their whole workout.
- Ergs will be moved outside whenever possible during practice. (~40 degrees or higher depending on weather, forecast, and coaches’ judgment)

- Coaches will handle sanitizing all equipment after each and every practice.
- Coaches will turn on fans and air purifiers prior to practice beginning.
- Exterior doors and vents will remain open at all times during practice.
- Rowers should not touch anything at the indoor center except their assigned equipment.
- The bathrooms will still be available but should be used for emergency purposes only. Please arrive ready to row.
- Ergs will remain in their designated spots when indoors (12' apart) and when outdoors (6') apart.

#### **ON THE ERG**

- Once an athlete is seated on their erg masks may be removed. Working out in a mask, when possible and if the athlete is comfortable doing so, is encouraged.
- Coaches will always wear masks around the athletes.
- No sharing of water bottles.
- No switching of ergs without a coaches' permission.
- No spitting.
- No high-5s, fist bumps, or touching of any kind.

#### **AFTER PRACTICE**

- No post practice meeting with coaches or other rowers. All questions should be submitted via text or email after the rower has left the compound.
- No "breaking it down" at the end of practice.

#### **COACHES' RESPONSIBILITIES**

- Maintaining a log of who attended practice.
- Daily temperature checks on arriving athletes.
- Ensuring the indoor space remains at a capacity of 25 individuals or less during any given block of training.
- Monitoring athletes for signs or symptoms of COVID-19 during practice. If there are any signs or symptoms of COVID-19 detected in an athlete, the rower will be immediately separated from the team and parents notified. The rower will be sent home as soon as their parents arrive and instructed to contact their healthcare provider.
- Disinfecting equipment after each and every practice. The bathrooms will be disinfected after each practice.
- Enforcing infection prevention measures before, during, and after practice.
- Coach Joe will notify the team if a COVID-19 infection is confirmed among the team athletes and further steps will be taken as necessary.