



DAYTON BOAT CLUB

PHASE 2 COVID-19 PREVENTION PROTOCOL

Authored by: DBC Head Coach Joseph Connelly

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PHASE 2 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 distance when not actively participating in the sport. If rowers are waiting to launch and are not “hands on a boat” or sitting in a boat, they must be 6-ft apart. 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 summer.
- 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 boathouse 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 BOATHOUSE

- Athletes must go directly to their boat’s meeting point upon arrival.
- All individuals (athletes, coaches, and staff), must wear masks BEFORE entering the boathouse compound. If any individual arrives without a mask, they will not be allowed to enter the boathouse compound. If a rower arrives to practice without their mask, they should text Joe immediately.
- Only athletes, coaches, and staff are allowed to be within the gates of the boathouse compound.
- Any individual (athletes, coaches, and staff) must have their hands sprayed with hand sanitizer (80% Ethanol) upon arrival at the boathouse. A coach or team captain will spray hands at the front gate.
- Specific arrival times will be assigned to boat line-ups ahead of time and communicated through email. Please do not arrive earlier than your assigned time. If the rower will be late, they must text Coach Joe immediately because the entire boat line-up will need to be separated to wait for the late rower.
- No personal items will be allowed to enter the boathouse compound. Cellphones should stay in locked cars. Water bottles are allowed but must have rower’s names clearly marked on them.

EQUIPMENT

- Every rower will be assigned a specific oar that they will use exclusively.
- Coaches will handle sanitizing all equipment after each and every practice.
- Rowers should not touch anything at the boathouse except their assigned equipment.
- The Porta-Potty will still be on-site BUT will be used for emergency purposes only. Rowers will need to notify a coach immediately if they use the Porta-Potty. Please arrive ready to row.
- Coxswains will NOT carry crates of water bottles to the dock. Every rower will carry their own water bottle.
- Coxswains will have specific cox boxes assigned to them that they will take home and return with.

LAUNCH

- 2 designated people (2nd and 3rd people to arrive at meeting point) will grab oars and take them to the dock.
- 2 designated people (4th and 5th people to arrive at meeting point) will grab launch items.
- Once the equipment has been taken to the dock, the boat will launch immediately and warm-up to the power lines.
- If the rower is left on land, they will be assigned a workout and are expected to maintain the 6-ft social distance rule.
- If a run is required, masks are optional but the 6-ft rule will be expanded to 15-ft or greater.

ON THE WATER

- Once the boat has pushed off the dock, masks are optional for rowers. Coxswains will wear glasses and masks in boats at all times.
- No sharing of water bottles.
- No switching of seats.
- Coaches will wear masks in the launch unless they are alone. If they approach a shell, they will make sure to have a mask on.
- No spitting.
- No high-5s, fist bumps, or touching of any kind.

RECOVERY

- Masks must be put back on prior to approaching the dock.
- When the boat docks, a coach will catch the boat.
- Everyone puts the boat away.
- If the rowers have no previously assigned jobs, the rowers will exit the compound immediately.
- 2 designated rowers (the two who took them down) will grab oars and put them away. Then they will leave the compound immediately.
- 2 designated people (the two who took them down) will grab launch items and put away in the fuel shed. Then they will leave the compound immediately.
- 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.
- 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 Porta Pottys will be cleaned after each and every 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.