

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

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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 develop protocols for the re-opening of their boathouses and their return to training programs in the context of COVID-19. The goal of this document is to develop an approach that minimizes exposure as stay-at-home orders are lifted and the Opening of America Again protocols are put into place.

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.

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.

Three Core Principles

- All organizations and 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, 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.
- Individuals should always **maintain physical/social distancing of at least six (6) feet (12 feet in indoor training settings)** in all areas when physical/social distancing is required. This includes coaches, athletes and staff. If possible, separate entrances and exits should be created to optimize physical/social distancing.

Phased Guidance:

Phase 1: (High Community Infection Rates Prevalent)

- **Small team practices should be held (8-12 people)**
- **Training should be allowed in singles (1x) only in order to maintain proper physical/social distancing when physical/social distancing is recommended.** Individuals living in the same residence (spouse/partner, siblings, parent/child) may take out a double/pair (2-/2x) or a four/quad (4-/4x).
- **Ergometers or other land training equipment may be placed and used outdoors placed at the required distance in accordance with local guidelines (ex. 10').** A second person (coach, volunteer, or second athlete) needs to ensure that all cleaning requirements are met before and after equipment use and to ensure that setup and stowing of equipment maintains hygiene and social distance standards.

Phase 2: (Community Infection Rates Flat to Declining)

- As physical/social distancing guidelines begin to be relaxed, group size numbers are increased and recreational sports skills, but non-contact training (i.e. baseball, soccer, etc.) are permitted in your area, larger team practices are permitted (25-50) depending on local guidelines.
- Training permissible in double/pair (2-/2+) among consenting individuals as well as singles.
- Follow other Phase 1 guidelines

Phase 3: (Community Infection Rates Fall Below 50/100,000)

USRowing recommends organizations use the following standards published by FISA, based on WHO recommendations, **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. USRowing recommends that organizations determine their rate by county. The best way to calculate this number is to divide the total number of cases in the last seven days by your county's population and then multiply by 100k. Please check your state or local health authority's COVID-19 webpage for the most relevant data.

Eg. Philadelphia, Pa. (as of 6/10/2020): 692 (total new cases from 6/4-10) / 1,584,000 (population of Philadelphia) x 100,000 = 43.68 new cases/100k. ○ If your county's infection rate is near the recommended case limit and in an upward trend, USRowing encourages organizations to proceed with caution before moving to rowing in team boats in order to prevent having to shut down again.

- **Rowing in team boats may be allowed if training partners or small groups (i.e. can be mutually agreed upon and adhered to in order to minimize the amount of different athletes a person trains with. Stern coxed boats should be avoided as the coxswain is in a position of greater risk than the other athletes. Athletes should be provided with cleaning wipes or other antibacterial personal cleaning as soon as possible post row to reduce the possibility of prolonged exposure or spread of bacteria.**
- **Ensure each participant or their guardian(s) opt into whatever group boats**

or training groups are being established. Great care should be taken to avoid any questioning about their choice regarding their personal safety. Wherever possible, if a person is asking to choose a more conservative approach to their participation (i.e. a desire to remain in a 1x instead of team boats), when possible it should be allowed.

- **Larger team practices may be held not to exceed the local guidelines for outdoor recreation/sports gathering.** As the amount of athletes at a facility increases pay close attention to maintaining the same level of pre-checks, sanitation, and social distancing.
- **USRowing does not recommend NOT rowing in eights.** 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.

Phase 4: (Community Infection Rates Fall Below 10/100,000) TBD?

Physical/social distancing guidelines ease, group size numbers are increased and recreational contact sports such as basketball and football are permitted in your area, and larger team practices are permitted based on local guidelines.

- Teams may return to rowing eights, though protection for coxswains is still recommended
- Training groups may be expanded, with rowers more interchangeable, though expanding training group size should be carefully implemented

Additional General Guidelines

- 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 in a single but should be put back on when returning to the dock. Masks should be worn in addition to physical/social distancing.
- 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.
- Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to a designated person at the club if the rower was physically present at the boathouse within the prior 14 days, and the individual must self-quarantine for 14 days before returning.
- 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 in regard to wearing masks.
- If someone feels sick, they must contact their coach and 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.
- 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 – single (1x), 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.

Team Boats

- **The smaller the boat, the safer the practice.** Wherever possible and in accordance with the guidelines for each phase above, the smallest boat class feasible should be utilized. Even in areas with relaxed standards, selecting smaller boats allows for more consistent training partners and reduces the amount of exposure to the respiration of others. A respiratory signature is the footprint we leave in the air each time we expel air from our lungs through our nose and/or mouth. This footprint increases during exercise and the exposure to it increases with each person added to a given boat.

Less training partners creates less exposure. Regardless of phase or local guidance, all reasonable attempts should be made to reduce the amount of different athletes a person training with. USRowing recommends rowing in the same training groups each day to limit cross-group exposure.

Events USRowing has cancelled all scheduled USRowing-owned events (with the exception of virtual events) through the end of 2020. USRowing published our initial USRowing Event/Registered Regatta Planning Guidelines Post-COVID-19 document in late May. Please [click here](#) to access USRowing's Coronavirus Information and Updates Page for the most up-to-date document.

Insurance Guidance from Assured Partners

***“Exclusion of Loss Due to Virus or Bacteria Endorsement CP 01 40 07 06** This endorsement makes an explicit statement regarding a risk that is not covered under your Commercial Property insurance. It points out that there is no coverage under such insurance 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.” ***

What Does this Exclusion Mean for Return to Rowing? During this unprecedented time, much uncertainty surrounds the above policy language. Philadelphia Insurance Company is ultimately the final arbiter on the application of this policy language to any individual situation. However, it is important for Rowing members to

be aware of this policy language, as well as the policy's other terms and conditions, when making decisions about operating in a COVID-19 environment. At a minimum,

there is significant uncertainty about all of the insurance-related implications of COVID-19 and members should proceed cautiously.

Mitigation Advisories All club board members should be assessing their federal, state, and local mandates daily for updates to any physical/social distancing protocol. Upon reopening, there should be evident precautionary measures put in place. Signs stressing the importance of maintaining physical/social distance, hand sanitizer stations, masks and gloves while on-premise before launching, and strong disinfectant procedures upon return of used oars are just a few possible recommendations. See our website for important COVID information at <https://www.assuredpartners.com/Coronavirus-Resources>

Will My USRowing Coverage be Negated Due to COVID? If your organization is currently a member in good standing, all verbiage within the master policy is still in force upon return to rowing. This includes coverage for member club premises and member club operations including, but not limited to, camps/clinics, on-water practices, events and activities otherwise not excluded. The same applies for registered regattas. If you are a USRowing-sanctioned regatta in good standing, all verbiage within the master policy is in force for the regatta.

Please Note: Failure to abide by federal, state, and local mandates including, but not limited to, physical/social distancing protocols may lead to possible gray areas within the verbiage of your policy. If practices take place prior to your state's green light reopening phase or a regatta is held contrary to federal, state and local guidelines, it may potentially impact the USRowing General Liability insurance.

Policy Lines Your club's General Liability insurance through USRowing is just one of the many coverage options that may exist for your club. We recommend taking the time to check the status of your Equipment, Directors and Officers, Property, and Auto as well. These are separate, stand-alone policies that can be reviewed with an [Assured Partners Account Executive](#) upon request.

***As per the Philadelphia Insurance Company policy #PHPK2078245 Insured USRowing et al*