

# Loyola Academy Rowing Association (LARA) COVID-19 Policy

## Winter Practice – 2020-21

### Part of LARA's Return to Practice Requirements

*These Loyola Academy Rowing Association (LARA) COVID-19 Winter Practice Guidelines have been developed to comply with new restrictions from the Illinois Governor's Office, the Illinois High School Associations Phase 4 Return to Play Plan for Fall Sports 2020, as well as Loyola Academy Guidelines, Dammrich Rowing Center Guidelines, the Centers for Disease Control and Illinois Department of Public Health guidelines. These guidelines, as well as those of the other parties above, must be followed by all coaches and athletes while participating in LARA activities. Due to the rapidly changing regulations associated with the COVID-19 pandemic, these guidelines are subject to change without any prior notification.*

*Winter training will require some if not all LARA rowing activities to occur indoors. LARA realizes that there are athletes who are at increased risk from COVID-19 infection or have family members with risk factors which may make participation in indoor practice uncomfortable or unsafe during the pandemic. Therefore, please note that winter training at the boathouse is **OPTIONAL** and **VOLUNTARY** this season. For those athletes, alternative training program activities will be offered.*

***The total number of rowers and coaches in the boathouse at one time will be limited to a maximum of 25, as required by the latest Illinois Department of Public Health Guidelines.***

#### ***I. Eligibility for Participation in LARA Activities***

1. An individual will be eligible for participation in LARA club activities, including but not limited to attending practice, meetings, and regattas, when they have completed the following:
  - a. Completion and return of a signed (parent and student) LARA COVID-19 waiver
  - b. A completed athletic physical on file with the Loyola Academy Health Office.
  - c. Met eligibility requirements for participation in in-school activities and athletics as determined by Loyola Academy
  - d. Participating in the daily screening questionnaire and temperature checks as outlined in the LARA COVID policy document
  - e. Compliance with the use of personal protective equipment, maintaining social distancing, and other protective measures deemed requirements of participation by LARA
  - f. Additional fee payments and participation consents not related to the COVID-19 pandemic may also be required.
2. Failure to comply with the above conditions may result in ineligibility to participate in LARA activities. 100% rower compliance with LARA's COVID guidelines is required to ensure a safe return to rowing.

#### ***II. Exclusion from LARA Activities***

1. An individual who has tested positive for COVID-19 infection, is currently under quarantine, has been exposed to COVID-19, is awaiting the results of a test, or has been excluded by LARA activities due to potential COVID-19 infection should not attend or attempt to attend practice or competition.
2. Such an athlete may not return to practice until:
  - a. That individual meets the eligibility requirements to return to in-school activities and athletics as determined by Loyola Academy and has been cleared by the Loyola Academy Health Office.
  - b. They provided LARA with a copy of a doctor's note stating clearance for return to strenuous athletic activities
  - c. The individual participates in the daily screening questionnaire and temperature checks and is symptom free

### **III. Preventing the Spread of Infection**

*COVID-19 spreads mainly among individuals within close contact of one another for prolonged periods of time and when droplets from an infected person are launched into the air and/or onto surfaces. It is important to assess the setting(s) and changes needed to implement proper screening, social distancing, hand hygiene, face coverings, cleaning and disinfecting to reduce the risk of exposure and limit the spread of infection. The guidance in this section includes recommendations to help promote the health and safety in our rowing club.*

#### **Screening Prior to Practice**

1. Upon arrival at practice, all students and staff will be screened by a staff member before being admitted to practice:
  - a. *Temperatures will be taken with a touchless thermometer (temperature > 100.4 F)*
  - b. *Students and staff members will also be asked if they are experiencing symptoms consistent with COVID-19 infection (fever, chills, cough, muscle aches, headaches, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell)*
  - c. *A daily record of all individuals participating in practice, their screen question responses and temperatures will be maintained by LARA*

#### **Identification and Isolation of Potentially Infected Individuals**

2. If an individual exhibiting fever or any symptoms consistent with COVID-19 infection on initial screening will not be allowed to start practice that day
3. If an individual develops fever or symptoms consistent with COVID-19 infection once practice begins, that individual will not be allowed to continue practice.
4. Individuals failing screening questions, with a fever, or those exhibiting signs consistent with COVID-19 infection will either be:
  - a. sent home in their own transportation, or
  - b. isolated until transportation can be arranged.

5. Any individual who has been removed from practice for these reasons will not be allowed to return to practice until they provide a note from a physician clearing that person to return fully to in-school classroom participation and competitive athletics.

### ***Promoting Social Distancing***

6. Practice schedules will be adjusted to limit the number of rowers and coaches at the boathouse to 25 people at a time, per IDPH Guidelines. Use of the facilities in and around the boathouse will follow the limits outlined in these guidelines.
7. Coaches may need to send coaches or rowers home if the number of participants exceeds 25. Extra coaches will be asked to go home first, then more senior rowers with their own transportation, until the total number of participants is under the 25-person limit.
8. Whenever possible, practice activities will be designed to allow for 6-ft. of distancing between participants. All participants should maintain 6-ft. distancing when feasible.
9. To help maintain safe social distancing practices, rowers will be divided into small groups and practice in different areas of the boathouse (boat bay, Erg room, LARA room, rowing tanks).
10. Due to the nature of rowing-related activities, facility limitations, and the equipment in use, social distancing may not always be possible.
11. Athletes should avoid physical contact with one another.
12. Rowers will be encouraged to report to practice on time and leave as quickly and safely as possible. Rowers should avoid lingering around the boat house before and after practice.

### ***Promoting the Use of Personal Protective Equipment***

13. Rowers are required to wear face masks that cover the nose and mouth whenever possible while inside and in the immediate area surrounding the boat house. Rowers are required to provide their own facemasks for use during practice.
14. In addition to face masks, coxswains are required to wear face shields while in the boat, or at practice if facing rowers, due to their potential for increased exposure to aerosolized droplets
15. Rowers are encouraged to bring their own water bottles and towels. Sharing water bottles, towels, clothing items, and personal protective equipment should be avoided.
16. Rowers are encouraged to bring their own personal bottle of hand sanitizer.
17. LARA will have an extra supply of face masks and gloves available for rowers on an “as needed” basis. These should only be utilized in the event of a mask breaking, being soiled, lost, or otherwise rendered unfit for wear.
18. Alcohol-based hand sanitizer will be available in and around the facility. Hands must be washed, or sanitizer used immediately before entering and upon exiting the facility, and prior to and following the use of equipment
19. Where feasible, windows and doors will be opened to allow fresh air circulation within the boat house.
20. Signs will be posted around the practice facility explaining:
  - a. The transmission as well as the symptoms of COVID-19 infection
  - b. Importance of maintaining social distancing and using personal protective equipment

- c. Reminding persons to stay home if they feel sick or have any symptoms of COVID-19 infection

### ***Cleaning of Equipment***

21. Prior to and immediately following a rower using a piece of equipment, the equipment should be cleaned. Gloves, wipes, and disinfectant will be provided for this purpose.
22. Cleaning material should be deposited in proper trash receptacles after use.
23. An enhanced cleaning scheduled for the boat house has been implemented. Increased cleaning and sterilization of the boathouse by Skokie Park District will be monitored.

## ***IV. Increasing Lines of Communication***

### **Written Waiver and Consent**

1. All LARA rowers and their guardian(s) must sign a consent/waiver prior to participating in the Fall/Winter 2020 LARA season, which includes:
  - a. Acknowledgement of the risks of COVID
  - b. Rowers participation is completely voluntary
  - c. Agreement that rowers will follow all guidelines and protocols established by LARA for COVID prevention
  - d. Acknowledging that due to the nature of the sport inherent dangers do exist
  - e. Foregoing any assumption of risk or liability for LARA
  - f. Acknowledging they have been provided with the opportunity to, and have been encouraged to, seek the advice of independent legal counsel in respect of this participation release and waiver agreement.

### **Proper Signage**

*The Centers for Disease Control and Prevention (CDC) recommends posting signs and messages in highly visible locations that reinforce safety precautions and promote every day protective measures such as proper handwashing, appropriate face covering, and social distancing.*

2. LARA has posted:
  - a. CDC developed signs at the boathouse providing information about the warning signs/symptoms of COVID-related illness.
  - b. Signage on the doors to the boathouse that notifies persons of the need for screening prior to practicing each day and prior to entry into the building. This information is also provided via email to registered rower families.
  - c. Marked the entrances of our buildings with a variety of visual cues to prompt hand sanitizing, the use of personal protective equipment, and maintaining social distancing.
  - d. Hand washing signs have been posted in all restrooms.
3. Coaches have discretion to dismiss any rower from practice that is in noncompliance of the LARA COVID guidelines.

## **Notifications and Updates**

4. Coaches will notify a parent/guardian and the LARA President if their rower becomes ill or fails a screening questionnaire/temperature check.
  - a. *If a rower becomes ill prior to, or at practice, the family will be contacted, and the participant must be picked up immediately.*
  - b. *If a coach becomes ill while at practice, they must leave the premises immediately.*
5. LARA will notify all parents via email if there has been a positive contact within the team.
6. Given the fluid nature of the COVID-19 pandemic and the associated changing regulations, the guidelines are subject to change. LARA will notify parents via email if there are significant changes to any of the LARA COVID procedures, protocols, or guidelines.

## **V. Safe Transportation to Practice**

*The State of Illinois' All Sports Policy Part of Phase Four of Restore Illinois Plan designates "Crew" activities as "lower risk." According to this plan, "non-competitive activities (activities in Level 1) should be set up to allow for 6-ft. of distancing between participants whenever possible. If social distancing cannot be maintained during activity, participants should still maintain 6-ft. of distancing while on the sidelines/ not directly involved in the activity." Policies relating to transportation provided by LARA will comply with this requirement.*

### **Shuttle Bus from Loyola Academy to the Boathouse**

**There will be no shuttle bus to or from the boathouse due to Loyola Academy COVID policies this season.**

### **Self-Transportation to the Boathouse**

1. Rowers should limit the number of persons in each car as much as possible to provide social distancing.
2. LARA encourages rowers from different households to wear mask while in their cars when riding with individuals from different households.
3. Rowers should arrive at practice on time and leave promptly after practice. Practices have been scheduled to limit the number of persons in the boathouse at any given time.
4. Rowers should only park in the "Sam's Club" parking lot near the dog park. The main lot is reserved for coaches and parents participating in COVID-19 related practice activities.
5. No rower should enter the boathouse prior to coaching staff arrival to allow for proper screening procedures.
6. Due to limited capacity of 25 rowers, there may be situations in which coaches need to turn rowers away if maximum capacity has been reached. Every effort will be made to limit this to extra coaches, or if needed, rowers with their own transportation.

7. Safe parking practices are encouraged. Staggered practices may result in the limited availability of parking spaces and cars arriving and departing at different times.

#### **Pick-up and Drop-Off of Rowers**

8. Rower pick-up and drop-off is to be conducted from the “Sam’s Club” parking lot near the dog park to the immediate north of the Dammrich Rowing Center. Access to this lot is off Main Street via the “Sam’s Club” entrance. No pick-up and drop-off will be allowed from the main parking lot.
9. Cars waiting for pick-up should park in an available legal parking spot in the southwest corner of this lot to avoid blocking access in and out of other parking spots.
10. Parents should stay in their cars during drop-off and while waiting for their rowers during pick-up.

## **VI. Training and Support**

*The All Sports Policy Part of Phase Four of Restore Illinois Plan designates “Crew” activities as “lower risk.” All members of the LARA Board of Directors, volunteers and contracted employees will receive an electronic copy of the Illinois Phase 4 Return to Play Policy, the Loyola Academy Rowing Association COVID-19 Policy, and Loyola Academy Fall Sports 2020 Operations Guidelines, and the Dammrich Rowing Center Guidelines. All members, volunteers, and contracted employees agree to make best efforts to comply with all minimum guidelines of that document as well as with each requirement specified in the Loyola Academy Rowing Association (LARA) COVID-19 Policy.*