



SOUTH JERSEY ROWING CLUB **COVID ROWING 2020**

SJRC Athletes must be registered for an SJRC Program via [RegattaCentral](#), Athletes and their Parent/Guardian must have completed and signed all [SJRC waiver forms](#), including specific SJRC COVID-19 waivers in order to attend practice. Camden County has additionally outlined [Boathouse Guidelines and is requiring a Consent Form](#) from all Student Athletes, Staff/Coaches. The Camden County Consent Form must be signed by all SJRC Athletes and their Parent/Guardian. A completed and executed Camden County Consent Form must accompany the Athlete to their first day of practice.

Athletes may not attend practice until they are registered via RegattaCentral and have submitted completed SJRC and Camden County Waivers.

The team will be divided into groups based on age and skill level, to help maintain working in groups on the river following all CDC, State of New Jersey and USRowing guidelines. Boat lineups may change daily and will be determined by the coaches.

SJRC is confident that by adhering to the measures and procedures outlined below, we can safely return to organized practices and have a great season. SJRC will implement various procedures, all of which adhere to Preventing the Spread of COVID-19, which will include screening procedures, hygiene measures, physical distancing, and face coverings/masks. All SJRC Athletes (their parents/guardians), SJRC coaches and staff will be required to abide by the SJRC Return to Water - COVID-19 Procedures. Mingling in common areas at the boathouse is strictly prohibited. Restrooms will be very limited use. Athletes are expected to arrive dressed to row and ten minutes prior to the start of practice for temperature screenings. All parents/guardians MUST drop their child off, remain in their car, and then depart. Practice will not be completed until all equipment is cleaned properly and then returned to the racks.

COVID-19 PROCEDURES

I. HEALTH PROCEDURES FOR SJRC STAFF, COACHES AND VOLUNTEERS

All SJRC Directors, Staff, Coaches, and Volunteers (hereinafter referred to collectively as "Staff") will be trained on appropriate cleaning and disinfection, hygiene, respiratory etiquette, and screening per CDC guidelines.

All SJRC Staff will be screened by Camden County Staff upon daily arrival to the boathouse. "Screening" includes answering questions regarding Staff wellness as well as a temperature check. Any Staff with a temperature of 100.4° Fahrenheit or greater, or that has new or potential symptoms of COVID-19 (fever, sore throat, lack of sense of smell/taste) will be sent home. All Staff will wear a face covering/mask while on land, in the boathouse and boat bays, and when in close contact rowing situations if they cannot meet the six-foot social distancing requirement.

Staff will monitor and enforce social distancing.



II. HEALTH PROCEDURES FOR THE CAMDEN COUNTY BOATHOUSE FACILITIES

Camden County has advised that: County Boathouse staff will wear masks inside the boathouse and bays; County Boathouse staff will perform hand hygiene frequently, observe social distancing and abide by COVID screening guidelines; The County Boathouse will have CDC approved cleaning done daily inside the boathouse and bays.

SJRC will provide multiple hand sanitizer and disinfectant cleaning wipe stations in our boat bays. SJRC will require that all Athletes and Staff use disinfectant spray or wipes to clean all contact points of equipment and common areas, before and after each use.

Athletes **MUST** bring their own face covering/mask to each practice (with a plastic storage bag for boat). Face coverings/masks must be worn at all times when on dock and land.

Athletes **MUST** have their own TOWEL to wipe and dry the shell clean. Athletes must bring their own water bottles. Your face covering/mask, towel, and water bottle must come and go with you, nothing is permitted to stay at the boathouse.

III. ATHLETE DROP OFF/PICK UP PROCEDURES

Athletes feeling sick, that are diagnosed with or become exposed to someone with COVID-19 during their session may not attend practice and must immediately notify their coach. Athletes that are sick or miss practice due to illness must be tested/cleared prior to return.

Athletes will have their temperatures checked daily upon arrival by SJRC Staff with a no-contact thermometer. Face coverings/masks must be worn at all times while on land. Prior to attending practice each day, SJRC Athletes (and via their Parent/Guardians) must acknowledge and attest to the following COVID-19 Self-Screening Questions:

DAILY COVID-19 SELF-SCREENING QUESTIONS	
1.	I have not been diagnosed with COVID-19 within the past 14 days.
2.	I have not experienced any COVID-19 symptoms within the past 14 days, such as a sore throat, cough, chills, body aches for unknown reasons, shortness of breath for unknown reasons, loss of smell, loss of taste, or a fever greater than 100.4° Fahrenheit.
3.	To the best of my knowledge, I have not been exposed to anyone with COVID-19 within the past 14 days.



There is no gathering in the common areas, it is not social hour. Athletes are expected to get in, row, and get out promptly. Parents/Guardians **MUST** remain in cars during drop off/pick up. Only SJRC Athletes and Staff are permitted on Boathouse property. Boathouse parking lots are now for permit use only, SJRC Athletes and Parents/Guardians must keep vehicles on Park Drive.

IV. EQUIPMENT/ROWING PROCEDURES

- Face coverings/masks must be worn at all times when on dock or land, in the boat bays and boathouse. Athletes may wear coverings/masks while rowing at Athlete/Parent/Guardian's discretion.
- Pre or post-row stretches/warmups are to be performed after temperature screenings, and conducted outside and at least six feet away from others.
- Mingling in common areas or the boat bays is prohibited. No group trips to the restroom.
- Athletes are expected to sanitize all of their equipment after each use - rinsing boats down, spraying touched areas with sanitizer, dipping oar grips in bleach solution buckets.
- Rowers must carry, sanitize and rack your sweep oar, or set of sculling oars, at all times.
- Personal towel, water bottle, and face covering/mask must travel with you to and from the boathouse each day.

Practice Procedures

Upon arrival from daily screening process, the Rower will retrieve oars, dip the grips in the bleach solution bucket and set of slings for their boat (make any footboard adjustments on land). All athletes that need assistance with any footboard (too tight, not sliding, etc.) shall ask a coach for assistance to speed up the process.

At the end of practice work together on docking making sure there is space for all to return and maintain social distancing. Once docked, oars go next to the shell and then carry shell to slings to begin the wipe down cleaning process (with the towel you brought), making sure to clean all main common contact points. Return the shell to the racks and then retrieve oars to sanitize and properly clean, and then return them to the racks. After your oars are away get your towel, water bottle, and depart to the parking lot.



SJRC will continue to closely monitor recommended guidelines from the following state or federal agencies and rowing governing bodies, and regularly evaluate the need to update or revise any of the procedures listed above.

[New Jersey Department of Health](#)
[Centers for Disease Control and Prevention \(CDC\)](#)
[USRowing](#)
[The World Rowing Federation \(FISA\)](#)