

COVID-19 Preparedness Plan for the Rochester Rowing Club

The Rochester Rowing Club (RRC) is committed to providing a safe and healthy workplace for all our workers as well as our youth rowers, adult rowers, rowing families, volunteers and any visitors. To ensure we have a safe and healthy workplace, RRC has developed the following COVID-19 Preparedness Plan in response to the COVID-19 pandemic. Managers and workers are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our workplaces and communities, and that requires full cooperation among our workers and management. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our workplaces.

The COVID-19 Preparedness Plan is administered by the RRC Head Coach and the COVID Task Force, who maintains the overall authority and responsibility for the plan. However, the full RRC Board of Directors are equally responsible for supporting, implementing, complying with and providing recommendations to further improve all aspects of this COVID-19 Preparedness Plan. RRC's Head Coach has our full support in enforcing the provisions of this plan.

Our staff and rowers are our most important assets. RRC is serious about safety and health and protecting our workers and organization. Worker involvement is essential in developing and implementing a successful COVID-19 Preparedness Plan. We have involved our workers in this process by: forming a COVID Task Force including the one RRC employee, our Head Coach, and allowing his final review of the plan prior to consideration for a vote by the RRC Board of Directors

RRC's COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, available at the Stay Safe Minnesota website (<https://staysafe.mn.gov>), which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules and standards, and Minnesota's relevant and current executive orders. It addresses:

- ensuring sick staff and rowers stay home and prompt identification and isolation of sick persons;
- rower handwashing, entry/exit and mask protocols for attending practice
- social and training distancing – staff and rowers must be at least six-feet apart;
- training facility cleaning and ventilation requirements;
- equipment disinfection protocol;
- communications protocols in case of exposure.

RRC has reviewed and incorporated the industry guidance applicable to our business provided by the state of Minnesota for the development of this plan, including the following industry guidance of the Minnesota Department of Health and US Rowing .

Promoting Safety at RRC Training Sessions

Staff and rowers have been informed of and encouraged to self-monitor for signs and symptoms of COVID-19. The following policies and procedures are being implemented to assess health status prior to anyone entering training facilities and to report when they are sick or experiencing symptoms.

RRC protocol for health self-assessment and hygiene for staff, rowers, and volunteers prior to entering RRC practice or RRC-associated training activity:

1. Screen yourself for symptoms before arriving at practice each day

<i>RRC Self-screening Tool</i>	Yes	No
Do you or any member of your household have:		
Fever, chills or sweating		
Dry cough		
Shortness of breath or difficulty breathing		
Loss of taste or smell		
Sore throat		
Headache		
Congestion or runny nose		
Diarrhea, nausea or vomiting		
Fatigue or body aches		
In the last 14 days have you:		
Had close contact with a person known to have COVID-19 or been instructed to self-isolate		

All RRC staff and rowers, please DO NOT attend practice/training if you have answered of “yes” to any of these questions or had a positive test for COVID-19.

RRC recommends that Head Coach and/or staff stay home if they or others in their household have any potential symptoms of COVID-19 (please see *RRC Self-screening Tool*) or have been asked to quarantine by a provider.

2. **Wash your hands** before coming to practice- 20 seconds with soap and water.
3. **Bring sanitizer to practice**, and sanitize hands with hand sanitizer provided at the beginning and end of each practice.
4. **Cloth or disposable masks** must be worn at practice and training events- nose and mouth must be covered.

NO BANDANAS OR NECK GAITORS- YOU MUST WEAR A FACE MASK WITHOUT VALVES MEANT FOR THE PURPOSE OF CONTROLLING CORONAVIRUS EXPOSURE.

A face mask is meant to protect **other people from you** in case you are infected, as people infected but not showing symptoms can still spread the virus. While training, the chances of expiring virus may be increased to the demands on oxygen deliver to tissues and need for rapid breathing. Distance between rowers and others, as well as wearing a mask, are important to combating this risk.

Mask protocol for EVERYONE attending practice or training events:

- Put the mask on before exiting your vehicle
- Non-rowers must keep the mask on during the entire practice
- When on the water and away from the dock, or during indoor training or heavy exercise (ie. erging), masks may be removed only if you are rowing a single or exercising on land with 6 ft minimum of social distancing
 - Masks should be removed and placed in a baggie or pulled down around the neck, being careful not to touch the outside
- When indoors, rowing with crewmates not from the same household, off the water (ie. moving or tending to equipment) or in launch, masks must be worn
- Mask may be removed once you have returned to your car/ride to return home
- Cloth masks should be cleaned after every practice and disposables thrown away. Do not use potentially contaminated masks twice.

5. Avoid touching your face!

6. BRING YOUR OWN WATER TO PRACTICE. No common-use containers will be provided for rowers

7. Social/training distancing – protective distances must be maintained

- Only rowing staff and rowers are permitted to attend training sessions! No in-person visitors will be allowed to attend
- RULE: Get in in- Train-Get out; no hanging out or using changing rooms
- Social distancing of at least **six (6) feet** must be maintained between any staff, rowers or volunteers at RRC training and events. This includes entering and exiting facilities
- According to US Rowing recommendations, ergs and other indoor equipment should be spaced **twelve (12) feet** apart and should be staggered so athletes are not in the slipstream of someone directly in front of them
- Pods will contain no more than 9 athletes, and pods will maintain 12 ft social distancing at all times.
- Pods will be created after the first day of the season and will remain the same for the duration of the season.

8. Indoor ventilation

- Unless weather does not allow, windows and doors will remain open to increase ventilation.

9. Cleaning of rowing/training equipment

- For each training session, a bleach solution made according to the following recipe: 1/3 cup of bleach per gallon of water
- Commonly used equipment, such as erg handles and oar grips, will be wiped generously with solution before and after practice
- The solution should be allowed to sit for at least 2 minutes
- Remaining solution may then be rinsed or wiped away
- The Head Coach or staff will wipe common areas used by rowers, such as door handles and light switches

10. Travel to regattas

- Youth athletes must travel to regattas with their parents. Carpooling is strongly discouraged due to the high risk of COVID transmission within the vehicle

- All youth athletes must stay with their parents for overnight regattas
- All food at the regatta must be pre-packaged and single serving

In case of an exposure at RRC:

- The Head Coach or President of the RRC Board of Directors will contact rowers and families to let them know if there has been a verified exposure at training or RRC event. The identity of COVID-infected individuals will NOT be divulged by RRC, as this is protected health information.
- The CDC and Minnesota Department of Health currently recommends a quarantine period of 14 days unless, based on local circumstances and resources, the following options to shorten quarantine are acceptable alternatives:
 - Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.
 - Quarantine can end after Day 7 with a negative RT-PCR test result and if no symptoms were reported during the 7 days. The test can be conducted within 48 hours before the time of planned quarantine discontinuation, but quarantine cannot be discontinued earlier than after Day 7

Signature: Mark A Stanley

Mark Stanley
President, RRC Board of Directors

Date: 3/19/21

Resources for further reading

Centers for Disease Control and Prevention (CDC): Coronavirus (COVID-19) – www.cdc.gov/coronavirus/2019-nCoV

Minnesota Department of Health (MDH): Coronavirus – www.health.state.mn.us/diseases/coronavirus
State of Minnesota: COVID-19 response – <https://mn.gov/covid19>

Stay Safe Guidance for Organized Sports – <https://staysafe.mn.gov/industry-guidance/organized-sports.jsp>

US Rowing: USRowing Re-opening the Boathouse/Return to Training Considerations Post-COVID-19 - https://usrowing.org/documents/2021/1/15//USRowing_Reopen_Boathouse_Document_v8_0.pdf?id=2467.