



## **Row New Jersey Fall 2020 Athlete Procedures**

The following procedures follow State and Local government mandates as well as guidance from USRowing to ensure participants' safety. Row New Jersey staff will be taking extra steps to regularly clean and disinfect the facilities and equipment. Athletes expectations are listed below.

### **Requirements for Athletes to Participate**

- 1) All athletes must sign the Row New Jersey COVID-19 waiver to participate.
- 2) All athletes must self monitor symptoms daily and fill out the pre-workout screening form online prior to arriving at the boathouse.
  - 1) If an athlete is exhibiting symptoms they can not attend practice.
- 3) All athletes will arrive at the boathouse wearing a mask (over nose & mouth).
- 4) Athletes should only bring items needed for practice with them, no personal items will be permitted to be stored at the boathouse and should be left in the car.
  - 1) Items athletes will need: mask which they will be wearing, a plastic ziplock bag to keep mask dry in the boat, and a water bottle.
- 5) Athletes are there to train, they should not be hanging out at the boathouse before or after their sessions. If an athlete arrives early they should wait in their car until the start of practice.
- 6) At the start time of their practice, athletes may leave their car and come to the boathouse area wearing mask (over nose & mouth).
- 7) Athletes will be assigned to their boat by the coaches at the beginning of practice. Each athlete's lineup will be recorded daily in a logbook to keep track of athlete interactions.
- 8) Athletes should maintain social distancing as much as possible when at the boathouse.
- 9) Athletes must keep their masks on while on land, including on the dock. Once an athlete is in their boat and has shoved off the dock they may remove their mask and place it in a plastic ziplock bag to keep it dry and safe.
- 10) When the athletes return to the dock they must put their masks back on before exiting their boat.
- 11) At the end of training athletes will place their boat in slings to disinfect the boat as well as their oars. (Coxswains will disinfect their cox boxes).
- 12) Once equipment is disinfected and put away athletes will be dismissed.
- 13) Athletes must keep masks on (over nose & mouth) until they are back in their car.

*\*If an athlete is exposed to someone who has been diagnosed with COVID-19 they must report the exposure to Row New Jersey and self-quarantine for 14 days before returning to training.*

*\*\*If an individual has a documented case of COVID-19 they will need a note from their doctor clearing them to participate.*

***Athlete's failure to comply with the above protocols will be subject to discipline by the coaching staff. First violation will be a warning, second violation the athlete will be prohibited from training for a day, and any subsequent violations will lead to longer suspensions from training.***