



COVID-19 PROTOCOL

The knowledge and circumstances around COVID-19 are changing constantly and, as such, North Orlando Rowing makes no representation and assumes no responsibility for the accuracy or completeness of this information. The following protocol are based on the guidelines from the United States Centers for Disease Control and Prevention (CDC), State of Florida Health Department, and USRowing - the national governing body for the sport of Rowing in the United States.

SYMPTOMS

Per the CDC, symptoms for COVID-19 include cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, and new loss of taste or smell.

IF YOU DON'T FEEL WELL, STAY HOME

If someone feels sick or shows symptoms of COVID-19, they should contact their coach and not attend practice. The individual should reach out to his or her doctor for assistance. Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to head coach if the person was physically present at the training site within the prior 14 days, and the individual must self-quarantine for 14 days before returning. If an individual has had a documented case of COVID-19, they will need a note from their doctor indicating they are cleared to resume participation in training.

GET IN, TRAIN, GET OUT APPROACH

Minimize unnecessary contact. 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. Athletes that carpool should try to stay with the same people in the carpool; minimize your contact in a vehicle to as few people as possible outside of your immediate family.



EVERYONE WEARS A MASK

Athletes, coaches and staff must arrive to the practice facility wearing a mask. Family members must wear a mask if they leave their vehicle. Masks are to be worn when not engaged in practice activity.

CLEAN / SANITIZE HANDS BEFORE AND AFTER

All athletes, coaches and staff should sanitize their hands for at least 20 seconds upon arrival and should follow hand-washing/sanitizing protocols regularly. Athletes should carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available.

TAKE TEMPERATURE DAILY

A North Orlando Rowing coach will take students' temperature (with a no-touch infrared thermometer) daily upon arrival at the boathouse/site. If temperature is 100.4°F / 38.0°C or higher, the person will be sent home. Temperatures below this threshold are acceptable.

STAY 6+ FEET APART

Individuals should always maintain social distancing of at least six (6) feet, when possible. This includes coaches, parents, athletes and staff. If possible, separate entrances and exits should be created to optimize social distancing. When launching/landing, social distancing should be maintained. Multiple boats on the dock should be allowed only if proper social distancing requirements can be met.

NO PERSONAL ITEMS STORED ON SITE

No personal items stored at the boathouse/site. All loose personal items must remain in the individuals' vehicle.



HYGIENE STANDARDS

- Washing hands with soap and water for 20+ seconds before and after practice (at practice if possible), using hand sanitizer if soap and clean water aren't available.
- Do not touch your head or face
- Do not touch each other
- Do not touch anything you don't have to (example: workout sheets at practice)
- Do not share objects with each other
- Only coaches will touch cleaning spray bottle and sanitizing wipes, papers, and laminated sheets.

EVERY DAY before and after each training session, coaches will use disposable sanitizing wipes to wipe all handles and high-touch areas including: oar handles/grip and points of contact, gps units (screens and buttons), jonboat handles and holding areas, all engine engine parts rowers and coaches touch for transport and use, gas tank (handle, cap, plug, priming bulb, and jonboat drain plug), erg (handles, seat, screen and buttons - in addition to additional cleaning of handle, seat, slide and rollers), container combination lock and container handles, sled (handles, weight handles and high touch areas).

AS FREQUENTLY AS NEEDED coaches will also use disposable sanitizing wipes to clean anything else that is frequently touched, including: doorknobs and handles, sink handles, toilet seat and handle/buttons, light switches, railings, writing utensils, laminated sheets, chairs and tables

Link to USRowing Re-opening the Boathouse/Return to Training Considerations Post-COVID-19 - July 9, 2020 v5
https://usrowing.org/documents/2020/5/12//USRowing_Reopen_Boathouse_Document_Final_v_1_0.pdf?id=2286

Row Spartans!!!