

## Duluth Rowing Club

### COVID-19 Policies and Procedures

The Duluth Rowing Club takes COVID-19, and any and all public health concerns, very seriously. In making decisions about programming and in developing these policies and procedures, the DRC Board of Directors intentionally seek and follow guidance authored by US Rowing, The US Centers for Disease Control (CDC) and State, County, and Local government. A cautious and measured approach to this crisis will best and quickest bring us back to enjoying the physical, mental, and spiritual benefits that rowing provides.

#### General Guiding Principles – COVID-19 Response

##### Policy 19.1, First Edition, May 28, 2020

- 1) The Duluth Rowing Club and its members must follow state and local rules and regulations set forth by the public health authorities including group size. In the case of a discrepancy, the DRC shall abide by the most cautious reasonable restriction.
- 2) Due to the unprecedented risks associated with social exposure to COVID-19, the necessary focus on small boat rowing during social distancing periods, and the lack of coach boats for on-the-water assistance, rowing will be limited to members who are 18 years of age or older or in a boat with a parent residing in the same household.
- 3) Training should focus on a “get in, train, get out” approach, minimizing unnecessary contact. Congregating to chat in common areas like boat bays and on docks put both the congregants in jeopardy, but also makes it difficult for other members to practice safe practices. Social distancing concerns will make it more important than ever that boat bay and dock procedures be completed as expediently as safely possible.
- 4) Individuals should always maintain social distancing of at least six (6) feet in all areas when social distancing is required. If possible, separate entrances and exits should be created to optimize social distancing. Masks should always be worn in and around the boathouse, on the apron and on the docks. Masks can be removed once on the water in a single but should be put back on when returning to the dock. Masks should be worn in addition to social distancing. Use of face masks is a supplement to, not a replacement for, maintaining social distancing precautions.
- 5) Members using rowing center facilities and equipment must monitor their health and virus risk factors daily, including not only their own health, but also the health of those other individuals that they come in close contact with. A member who has reason to believe that they have COVID-19 or is in close contact with someone who has reason to believe they have COVID-19 should not use rowing center facilities or equipment, regardless of the extent to which social distancing and environmental disinfection is done. Health and virus risk factors are addressed in the current edition of DRC COVID-19 Policy and Procedure 19.3 Individual Health and Safety.
- 6) Training should be allowed in singles (1x) only in order to maintain proper social distancing when social distancing is recommended. Individuals living in the same residence (husband/wife, siblings, parent/child) may take out a double/pair (2-/2x) or a four/quad (4-/4x).
- 7) It is recommended that no team boats or boats crewed by members of more than one household should be allowed until social distancing guidelines are lifted due to the possibility of the transmission of the disease through respiratory signature. A respiratory signature is the footprint we leave in the air every time we expel air from our lungs through our nose and/or mouth. This can be anything from simply exhaling to talking, laughing, sneezing or coughing.

## Duluth Rowing Club

### COVID-19 Policies and Procedures

The Duluth Rowing Club takes COVID-19, and any and all public health concerns, very seriously. In making decisions about programming and in developing these policies and procedures, the DRC Board of Directors intentionally seek and follow guidance authored by US Rowing, The US Centers for Disease Control (CDC) and State, County, and Local government. A cautious and measured approach to this crisis will best and quickest bring us back to enjoying the physical, mental, and spiritual benefits that rowing provides.

#### Definitions – COVID-19 Response

##### Policy 19.2, First Edition, May 28, 2020

- 1) As regards the Duluth Rowing Club response to the COVID-19 Response, the following definitions shall apply. All other terms shall be defined by their common and established usage.
- 2) **COVID-19:** The term 'COVID-19' shall refer to the novel iteration of coronavirus first identified in 2019, formerly referred to as 2019-n-CoV. The terms shall not refer to other iterations of coronavirus. COVID-19 is a severe acute respiratory syndrome (SARS), although recent research has identified impact on non-respiratory systems, including neurologic impact and a multi-system inflammatory syndrome in children. COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another (within about 6 feet). COVID-19 is easily spread.
- 3) **Disinfect:** The term 'Disinfect,' including, but not limited to variants such as disinfected and disinfecting, shall refer to the treatment of an area, surface, or piece of equipment with a substance or mixture of substances identified by the CDC and the EPA as effective against COVID-19 for at least the minimum contact time required to be effective against COVID-19.
- 4) **DRC Buildings:** The term 'DRC Buildings' shall refer to the inside of any enclosed structures on the Duluth Rowing Center campus and shall specifically include the inside of the Boat House and Club House.
- 5) **DRC Grounds:** The term 'DRC Grounds' shall refer to the Duluth Rowing Center Campus excluding the inside of any enclosed structure herein defined as DRC Buildings and shall specifically include the parking lot, dock ingress and egress paths, and docks.
- 6) **Face Covering:** The term 'Face Covering' shall refer to a covering of cloth or other material covering both the mouth and nostrils of the wearer and designed for the purpose of limiting the distribution of respiratory particles. A face covering meeting this definition may be, but need not be, of surgical grade or bearing an institutional grade such as N95 and may be, but need not be, homemade.
- 7) **Household:** The term 'Household' shall refer to the group of other individuals in which an individual resides and maintains close contact with for at least the previous fourteen (14) days regardless of biological or legal relationship. The term 'household' may also be referred to as a single 'vector' as that term is defined and used by the World Health Organization to describe 'living organisms that can transmit infectious pathogens between humans, or from animals to humans.'
- 8) **Self-Quarantine:** The term 'Self-Quarantine' shall refer to a period of not less than fourteen (14) days, exclusive of the day of exposure or days in which a member or an individual of their household exhibits symptoms, during which a Member abstains from use of DRC equipment, buildings, and grounds. A complete course of self-quarantine would consist of the day of exposure or days in which the member or an individual in their household exhibits symptoms plus fourteen (14) days.

- 9) **Social Distancing:** The term 'Social Distancing' shall refer to a period of time in which the geographic area in which the Duluth Rowing Club is situated is under a requirement or strong recommendation by federal, state, county, or local government or US Rowing or NWIRA that participants:
- a) Maintain social distance;
  - b) Maintain a distance of at least 6 feet from other persons not within one's own household; or
  - c) Wear a cloth face covering.

If a condition of social distancing is the subject of a recommendation, rather than a requirement, the DRC Board of Directors shall make the determination as to whether the recommendation is a 'strong recommendation' concerning the application of this provision.

## Duluth Rowing Club

### COVID-19 Policies and Procedures

The Duluth Rowing Club takes COVID-19, and any and all public health concerns, very seriously. In making decisions about programming and in developing these policies and procedures, the DRC Board of Directors intentionally seek and follow guidance authored by US Rowing, The US Centers for Disease Control (CDC) and State, County, and Local government. A cautious and measured approach to this crisis will best and quickest bring us back to enjoying the physical, mental, and spiritual benefits that rowing provides.

#### Individual Health and Safety – COVID-19 Response

##### Policy 19.3, First Edition, May 28, 2020

- 1) Masks should always be worn in and around DRC Buildings and DRC Grounds. Masks can be removed once on the water in a single but should be put back on when returning to the dock. Masks should be worn in addition to social distancing.
- 2) Member health must be monitored at least daily as follows:
  - a) Any individual returning to the boathouse or to a training environment needs to have been in that general geographic location for 14 days prior to coming to the boathouse.
  - b) Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to the program director if the rower was physically present at the boathouse within the prior 14 days, and the individual must self-quarantine for 14 days before returning.
  - c) All individuals must self-monitor for symptoms of COVID-19 daily. Each person should take their temperature daily prior to arrival at the boathouse. If their temperature is 100.4 degrees or over, the person should not come to the boathouse.
  - d) If someone feels sick, they should contact their coach and not attend practice. The individual should reach out to his or her doctor for assistance.
- 3) All Members should disinfect their hands or wash their hands with soap and water for at least 20 seconds upon arrival and should follow hand-washing/disinfecting protocols regularly.
- 4) Locker Rooms, including showers and restrooms, shall be closed during until social distancing no longer applies. Pay attention to commonly touched items such as doorknobs, hoses, water spigots, etc. Athletes, coaches and staff should carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available. Hand sanitizer will be available at various locations in DRC Buildings, but common supplies may run out during times of great demand. A portable toilet will be made available on DRC Grounds during the season and will be disinfected periodically and at least daily. The portable toilet will be furnished with hand sanitizer.
- 5) No personal items should be stored in or at DRC Buildings. All personal items must remain in the individuals' vehicle or be brought in the boat with them.
- 6) A reservation system and online logbook via SignUp Genius shall be established and operated in order to manage the number of individuals onsite at one time and to limit the use of club-owned boats to safe and reasonable levels.

## Duluth Rowing Club

### COVID-19 Policies and Procedures

The Duluth Rowing Club takes COVID-19, and any and all public health concerns, very seriously. In making decisions about programming and in developing these policies and procedures, the DRC Board of Directors intentionally seek and follow guidance authored by US Rowing, The US Centers for Disease Control (CDC) and State, County, and Local government. A cautious and measured approach to this crisis will best and quickest bring us back to enjoying the physical, mental, and spiritual benefits that rowing provides.

#### Use of DRC Buildings – COVID-19 Response

##### Policy 19.4, First Edition, May 28, 2020

- 1) Members should use their own equipment or the same pieces of equipment such as oars and adaptive equipment such as seat cushions, grip aids, etc. if unable to have their own. Members shall be assigned a set of sculling oars for use during social distancing periods. These oars shall be marked and shall only be used by the member to which they are assigned.
- 2) Members shall retrieve and carry their specific oar set out of DRC Buildings unless a club-appointed person is available to get equipment in order to reduce the number of people in a DRC Building.
- 3) All oars should be disinfected before and after use. A Concept2-endorsed protocol for disinfecting oars shall be described at equipment provided at oar racks in each DRC Building.
- 4) The member shall retrieve and carry their own boat out from and into a DRC Building before and after use. The member may seek and receive assistance from another member so long as social distancing is maintained.
- 5) Shared equipment, such as boat winches, slings, and boat trolleys/carts, shall be thoroughly cleaned and disinfected before and after each use.
- 6) While in or at DRC Buildings, social distancing shall be maintained. Multiple boats leaving or returning to a boat bay shall be allowed only if proper social distancing requirements can be met. Masks shall be worn at all times while in or at a DRC Building.
- 7) Locker rooms, including showers and restrooms, shall be closed during social distancing periods. Members should enter a DRC Building prepared to retrieve or return equipment and exit the DRC Building as soon as possible after finishing.
- 8) If possible, one entrance should be used for access to facility and another one for exit and both the entrance and exit shall be plainly marked on both the inside and outside.
- 9) Hand sanitizer should be provided at all entrances and exits.

## Duluth Rowing Club

### COVID-19 Policies and Procedures

The Duluth Rowing Club takes COVID-19, and any and all public health concerns, very seriously. In making decisions about programming and in developing these policies and procedures, the DRC Board of Directors intentionally seek and follow guidance authored by US Rowing, the US Centers for Disease Control (CDC) and State, County, and Local government. A cautious and measured approach to this crisis will best and quickest bring us back to enjoying the physical, mental, and spiritual benefits that rowing provides.

#### Use of DRC Grounds – COVID-19 Response

##### Policy 19.5, First Edition, May 28, 2020

- 1) The member retrieve and carry their specific oar set to the dock and back from the dock to a DRC Building after use.
- 2) The member shall retrieve and carry their own boat to the dock and back from the dock to a DRC Building after use. The member may seek and receive assistance from another member so long as social distancing is maintained.
- 3) All oars should be disinfected before and after use. A Concept2-endorsed protocol for disinfecting oars shall be described at equipment provided at oar racks in each DRC Building.
- 4) Shared equipment and fixtures, such as boat winches, slings, and boat trolleys/carts, shall be thoroughly cleaned and disinfected before and after each use. Equipment and products for disinfecting and instructions for proper use shall be available in DRC Buildings.
- 5) While on or at DRC Grounds, social distancing shall be maintained. Multiple boats leaving and/or returning to a dock shall be allowed only if proper social distancing requirements can be met. Masks shall be worn at all times while at or on DRC Grounds.
- 6) Locker rooms, including showers and restrooms, shall be closed during social distancing periods. Members should enter a DRC Building prepared to retrieve or return equipment and exit the DRC Building as soon as possible after finishing. members should carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available. Hand sanitizer will be available at various locations in DRC Buildings, but common supplies may run out during times of great demand. A portable toilet will be made available on DRC Grounds during the season and will be disinfected periodically and at least daily. The portable toilet will be furnished with hand sanitizer.
- 7) If possible, one entrance should be used for access to facility and another one for exit and both the entrance and exit shall be plainly marked on both the inside and outside.
- 8) Hand sanitizer shall be provided at all entrances and exits, but common supplies may run out during times of great demand.
- 9) Boats shall be launched from the leeward side of each dock. A boat launching shall be placed as far out on the dock as available and, as spaces further out are vacated, launching boats shall move further out on the dock regardless of where they are at in their launch procedure. At no point shall a member launching a boat pass by (leap frog) another member launching a boat. A member waiting to launch a boat shall wait off of the dock, maintaining adequate social distance, until a space at the base of the dock becomes available.
- 10) Boats shall be docked from the windward side of each dock. A boat being docked shall be positioned as close to shore on the dock as available and, as spaces closer in are vacated, docking boats shall move closer in on the dock regardless of where they are at in their dock procedure. At no point shall a member docking a boat pass by (leap frog) another member docking a boat. A member waiting to dock a boat shall wait clear of the dock, maintaining adequate social distance, until a space at the end of the dock becomes available.
- 11) The width of the DRC Grounds docks at ten feet (10') is adequate so that members launching boats and members docking boats may be adequately socially distanced and member shall maintain adequate social distance in the launching and docking of boats.



## Duluth Rowing Club

### COVID-19 Policies and Procedures

The Duluth Rowing Club takes COVID-19, and any and all public health concerns, very seriously. In making decisions about programming and in developing these policies and procedures, the DRC Board of Directors intentionally seek and follow guidance authored by US Rowing, the US Centers for Disease Control (CDC) and State, County, and Local government. A cautious and measured approach to this crisis will best and quickest bring us back to enjoying the physical, mental, and spiritual benefits that rowing provides.

#### Use of DRC Equipment – COVID-19 Response

##### Policy 19.6, First Edition, May 28, 2020

- 1) Members who don't have their own set of oars will be assigned a set at the beginning of the season. The oars shall be marked with the Member's name and only the assigned Member shall use the assigned oars. All oars should be disinfected before and after use. A Concept2-endorsed protocol for disinfecting oars shall be described and equipment provided at oar racks in each DRC Building. Members shall retrieve and carry their specific oar set to the dock and back from the dock to a DRC Building after use.
- 2) Club boats shall be assigned on a daily basis by name using an online scheduling system. Club boats shall only be assigned only once per day. The member(s) assigned a club boat shall retrieve and carry the boat to the dock and back from the dock to a DRC Building after use. The member may seek and receive assistance from another member so long as social distancing is maintained. Club boats shall be disinfected before and after use using a disinfecting spray provided.
- 3) Privately owned boats and privately owned oars need not be disinfected before and after each use unless and until assistance is requested or received from an individual who is not part of the owning Member's household.
- 4) Shared equipment and fixtures, such as boat winches, slings, and boat trolleys/carts, shall be thoroughly cleaned and disinfected before and after each use. Equipment and products for disinfecting and instructions for proper use shall be available in DRC Buildings.
- 5) A physical logbook will be provided and shall be used by all members to log when they are on the water for the purposes of rower safety and contact tracking if necessary. Members shall record their rowing sessions in the logbook whether they use a club boat or their own private boat. The logbook may also be used to note any mechanical issues with DRC equipment.
- 6) While on or at DRC Grounds, social distancing shall be maintained. Multiple boats leaving and/or returning to a dock shall be allowed only if proper social distancing requirements can be met. Masks shall be worn at all times while at or on DRC Grounds.