



BROAD RUN CREW

Parents' Regatta Survival Guide Modified for a Covid 2021 Season

LOCATION

SANDY RUN REGIONAL PARK
10450 Van Thompson Road
Fairfax Station, VA 22039.
www.novaparks.com/parks/sandy-run-regional-park

SPECTATORS

Only athletes and coaches are permitted in the park; no spectators are allowed for the 2021 season due to COVID restrictions. Athletes and coaches should focus on a get-in, train, and get-out approach.

Nova Parks will be monitoring the grounds. Any team found to have unapproved spectators will be sanctioned with an unsportsmanlike conduct penalty.

MASKING

Masks must be worn, at all times, while in the park. Athletes may remove their mask when actively training on water or during competition.

WHEN TO ARRIVE

The coaches will give the athletes their reporting time for each regatta.

Allow plenty of time to arrive at the given time. Sandy Run is approximately 45 minutes from Ashburn without traffic or weather issues. Consider parking, dropping off and walking to the BR Crew site when planning your departure time.

PARKING FOR ATHLETES

Limited parking will be available in Lot D for athletes. Carpooling, within your boat, is recommended. Riders should be masked and windows open to provide air flow while in the car together.

DROP AND GO

For athletes being dropped off, carpooling is highly encouraged. Follow the signs and volunteer attendants to safely drop your athlete, you will then need to vacate the park area. Coaches will advise of a pick-up time prior to the event.

FOOD & WATER

There will be no concessions available at Sandy Run for the 2021 season. Athletes must provide their own food and beverage. Several small nutritious snacks are recommended, heavy meals are not. Be sure to have plenty of water available to last the duration of the event. Athletes are responsible for their own trash; trash cans will not be accessible.

BACK AT ALGONKIAN

All rowers are expected to return to Algonkian Park after the regatta to assist in unloading the trailer and rigging the boats in prep for Monday's practice. Coaches will advise of times.

LIVESTREAM

Live feed of regattas will be on VASRA's Twitter handle - @vasreresults (available via vasra.org). Races will be also archived to the VASRA channel on YouTube.

RACE RESULTS

Results will be posted on Twitter, @VASREResults



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WHAT TO BRING

- BRC Uniform.
- Dress in layers and be prepared for the weather.
- Extra masks.
- Athletic or hiking shoes.
- Trash bags.
- Zip lock bags or waterproof cases for phones.
- Blanket, towel, chair, or hammock to sit on.
- Extra toilet paper/wipes/tissues/hand sanitizer.
- Umbrella/rain poncho/jacket.
- Sunscreen/bug spray.
- **Drinks, water, and snacks to sustain and nourish you for the day and competition.**

REGATTA SCHEDULE – 2021

- May 15 – Regional Park Regatta
- May 22 – Walter Mess Regatta
- June 5 – Ted Phoenix Regatta
- June 12 – Al Urquai Regatta
- June 18/19 – Virginia Scholastic Rowing Championships