



COVID-19 Response and Safe Return to the Water

Updated 09/04/2021

What is COVID-19 and how is it spread?

COVID-19 is a new coronavirus illness that can be spread from person to person. An infected person, even if they are asymptomatic, can spread the virus via droplets from the nose or mouth released every time a person coughs, sneezes or exhales. These droplets/aerosols can be inhaled by those around the infected person. The droplets can also land on other surfaces that people touch and can enter their body when they touch their eyes/nose/mouth after touching an infected surface. Getting vaccinated against COVID-19, wearing face masks, social distancing by at least 6 feet, washing hands frequently and not touching eyes/nose/mouth can help to reduce the risk of contracting the virus. People of any age can become ill from the virus and those with certain underlying medical conditions and older adults are at higher risk for severe illness. Symptoms appear 2-14 days after exposure to the virus and can include: fever, cough, shortness of breath, loss of smell/taste, fatigue, muscle aches, headache, sore throat, congestion, nausea/vomiting and diarrhea.

Guiding Principles for Safe Return to the Water:

- DCNRC will follow guidelines/restrictions set by the local, state, and federal government. Since the pandemic is a fluid situation, this means that protocols and practices may change over time.
- DCNRC Coaching staff are required to be fully vaccinated against COVID-19. Athletes are strongly encouraged to be vaccinated against COVID-19. Any athlete that is not fully vaccinated against COVID -19 will be required to submit weekly negative COVID PCR tests by Monday at noon and are required to wear masks while at practice.
- Athletes and coaches should not attend practice if they have any symptoms that can be associated with COVID. Prior to every practice, review the symptom checklist below. If you answer “yes” to any of the questions, please notify Coach Julian and DO NOT attend practice.

Symptom Checklist:

Do you or any member of your household have any of the following?

- Fever (100.4 degrees F or greater) or an above normal temperature? Y or N

- Shortness of breath or trouble breathing? Y or N
- Cough? Y or N
- Runny nose? Y or N
- Loss or reduced sense of smell/taste? Y or N
- Headache? Y or N
- Sore throat? Y or N
- Nausea, vomiting, or diarrhea? Y or N
- Fatigue or body aches? Y or N

In the past 10 days have you:

- -Been in contact with someone who has tested positive for COVID-19 and/or been told to quarantine? Y or N
- -Tested positive for COVID-19? Y or N
- -Been tested for COVID-19 and are awaiting results? Y or N

Protocols for illness, known or suspected contact with someone who is COVID-19 positive

If an athlete/coach is ill or has a temperature of 100 degrees or higher:

Stay home

Contact your doctor

If symptoms persist, worsen, or there are additional symptoms beyond 24 hours, you must obtain clearance from your Primary Care Physician to return to practice

Do not return to practice until fever free (temperature less than 100.4 degrees without the help of fever reducing medicine) x 3 days and feeling better

If an athlete/coach tests positive for COVID-19:

Quarantine at home and do not come to practice.

Coach Julian should be notified immediately if you test positive for COVID-19.

A coach or DCNRC Board Member will then contact the State Health Department for further guidance and to assist with contact tracing.

DCNRC will notify all team members that there is a positive individual on the team. To protect privacy, the name of the individual will not be released unless approved by the individual and his/her parents (if a rower/coxswain).

Close contacts of the positive individual who are NOT fully vaccinated against COVID-19 should quarantine at home for 14 days. A close contact is someone who was within 6 feet of the individual for 15 minutes or longer, or anyone designated as a “close contact” by the state or county health departments.

Close contacts of the positive individual who are fully vaccinated against COVID-19 (14 days or more after the second dose of a two dose COVID vaccine series such as Pfizer or Moderna, or 14 days or more after a single dose COVID vaccine such as Johnson & Johnson) are not required to quarantine unless they start to develop any symptoms. However, it is highly recommended that exposed individuals get tested for COVID-19 with a PCR test 3-5 days after exposure to rule out asymptomatic infection.

Athletes who have tested positive for COVID-19 may return to practice in accordance with CDC guidelines/US Rowing recommendations after ALL of the following conditions have been met:

At least 10 days have passed after the date of your first positive test

No fever (meaning a temperature greater than or equal to 100.4 degrees Fahrenheit) without the use of fever reducing medicine x 3 or more days

Symptoms have improved

Athlete has been cleared by a physician for return to practice/public activities

If a “close contact” of an athlete, who is not fully vaccinated, is under investigation for COVID or is COVID positive:

Stay home until 14 days after your last exposure

May return to practice after 14 days if the athlete remains asymptomatic with no new exposures.

If you start to develop symptoms, contact your doctor and get tested for COVID. If symptoms develop, clearance from your Primary Care Physician will be required prior to return to practice.

An athlete/coach who is fully vaccinated (14 days or more after the second dose of a two dose COVID vaccine series such as Pfizer or Moderna, or 14 days or more after a single dose COVID vaccine such as Johnson & Johnson) and shows no symptoms, does not need to quarantine after exposure to a close contact who is COVID positive. Athletes/coaches who have tested positive for COVID-19 within the past 3 months and have recovered do not have to quarantine after

exposure to a close contact who is COVID positive as long as they do not develop new symptoms. It is however highly recommended that these individuals get tested, even if they are asymptomatic, 3-5 days after their exposure to rule out an asymptomatic infection.

Criteria for quarantining/ suspending training:

We will follow Maryland Department of Health's "school-wide" definition of an outbreak to determine when to suspend training.

-If a member of a team boat tests positive for COVID, then all other members of the boat, who are not fully vaccinated against COVID, will be quarantined for 14 days. However, under current Maryland guidelines, if a participant is fully vaccinated or is within 90 days of lab-confirmed COVID illness AND are asymptomatic, they do not need to quarantine after close exposure to a COVID positive individual.

-If 2 or more members within a boat test positive within a 14-day period, then it is requested that all members of the boat who are fully vaccinated against COVID-19 show a negative COVID-19 PCR test prior to returning to practice. Members of the boat who are not fully vaccinated will need to remain quarantined for 14 days from the date of their last exposure.

-If 3 or more boats have a positive COVID case in a 14-day period, or there are 4 positive cases among unrelated athletes/coaches, then training will be suspended until further investigation and contact tracing can be performed or as directed by Montgomery County Department of Health

Resources:

Appropriate Face mask coverings and usage: (

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>)

Acceptable Face Masks:

- Homemade or purchased 2+ layer cloth face masks
- Disposable surgical or procedural face masks
- KN95, Cone, or N95 face masks without valves
- **ALL face masks must be worn over BOTH the nose and mouth to be acceptable [How](#)

to appropriately wear your face mask:

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin, pinch nose clip if present to bridge of nose
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily

- **Don't** put the face covering around your neck or up on your forehead
- **Don't** touch the face covering, and, if you do, wash your hands or use hand sanitizer to disinfect

How to appropriately remove your face mask when home:

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine (learn more about [how to wash cloth face coverings](#))
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

Websites:

Centers for Disease Control:

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

US Rowing:

[USRowing Reopen Boathouse Document v11.0 \(PDF\) - USRowing](#)

Montgomery County, MD COVID-19 Resources:

<https://www.montgomerycountymd.gov/covid19/>