



COVID-19 Protocol for Spring Training

Updated 02/01/2022

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, fatigue, nausea/vomiting and diarrhea.

Guiding Principles:

- 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 and athletes are required to be fully vaccinated against COVID-19 and are strongly encouraged to be “up to date” on their COVID vaccine (AKA boosted).**
- For erg practices, masks will be required of all individuals upon entrance to the Carderock Springs facility. All individuals should be masked when using a publicly available space such as the lobby or restrooms. Masks will be worn by all individuals who are not actively exercising/recovering immediately after exercising. Through February of 2022, all individuals will be masked while using ergs inside.
- Athletes and coaches should not attend practice if they have any symptoms that can be associated with COVID-19. 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 5 days have you:

- -Been in contact with someone who has tested positive for COVID-19 and you are not up to date on your COVID vaccine and/or been told to quarantine? Y or N
- -Tested positive for COVID-19? Y or N
- -Been tested for COVID-19 because of symptoms or a close contact exposure 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

Get a PCR test for COVID-19

Do not return to practice until fever free (temperature less than 100.4 degrees without the help of fever reducing medicine) x 24 hours, you are feeling better, and your COVID-19 PCR has come back negative

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

Isolate at home and do not come to practice.

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

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).

If an athlete/coach is a close contact of an individual who is positive for COVID-19:

Close contacts of the positive individual who are NOT up to date with their COVID-19 vaccine -AKA boosted- should quarantine at home for 5 days after their LAST contact with the person who has COVID-19. The close contact should get a COVID-19 PCR test on day 5 after their exposure and not return to practice until that PCR test comes back negative. Once their PCR test for COVID-19 is negative, they may return to practice but will be required to wear a well fitted mask at all times until day 10 after their last contact with the COVID positive individual.

Close contacts of the positive individual who are up to date on their COVID-19 vaccine -AKA boosted- or have had a confirmed case of COVID-19 in the past 90 days, are not required to quarantine unless they start to develop any symptoms. However, the close contact individual should get tested for COVID-19 via PCR at day 5 after their exposure and wear a well fitted mask for 10 days from their last exposure.

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 5 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 24 hours

Symptoms have improved

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

The individual will mask (including during practice) until day 10 after their positive test

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:

- 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
- 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/>