



COVID-19 Protocol for Winter Training

Updated 11/28/2021

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, 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.**
- 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 the lobby or restrooms. Masks will be worn by all individuals who are not actively exercising/recovering immediately after exercising.
- All athletes will hand sanitize before using an erg.
- All high touched surfaces on the ergs will be disinfected after each training session.
- 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 Pfizer, Moderna, or J&J vaccines) are not required to quarantine unless they start to develop any symptoms. However, CDC guidance indicates that vaccinated individuals should wear a mask indoors for 14 days following an exposure or until their test result is negative 5-7 days after their exposure. Therefore, even fully vaccinated individuals should not attend indoor practice after a close contact exposure until their PCR COVID test is negative on day 5 (or later) after their 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 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

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 the team tests positive for COVID, then all other members who are fully vaccinated or are within 90 days of lab-confirmed COVID illness AND are asymptomatic, do not need to quarantine after close exposure to a COVID positive individual, unless otherwise indicated by the Department of Health. However, close contacts of the COVID positive individual should not attend indoor practice until they provide proof of a negative COVID PCR test performed 5 days after their exposure to the COVID positive individual.

-If 2 or more members within a boat/practice time test positive within a 14-day period, then all members of the boat/practice time need to provide a negative COVID-19 PCR test prior to returning to any (indoor or on the water) practice.

-If 3 or more members of a boat/practice time test positive for COVID 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/>