



COVID-19 Response and Safe Return to the Water

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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. 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 will follow US Rowing's "get in, train, get out" approach, minimizing unnecessary contact.
- DCNRC will be rowing in team boats this Spring. Team boats will be established at the beginning of the season and coaches will strive to keep these pods of not more than 15 athletes consistent throughout the season. Single shell rowing/sculling will remain as an option for any athlete who does not wish to participate in team boat rowing.
- Daily attendance will be recorded and used for contact tracing, if necessary.
- To further reduce the risk of exposure:
 - practice times will be staggered
 - a maximum of 50 participants (athletes/coaches) will be allowed per outdoor practice.

Participants will be divided into consistent “training pods” of not more than 15 athletes

- risk reduction protocols including wearing face masks, social distancing, hand washing and daily health screening questionnaires will be enforced

- shared equipment cleaning protocols will be practiced

- athletes will not share water bottles nor snacks

- coxswains will each have their own assigned cox box that will not be shared

-Carpooling to practice or any team event is highly discouraged. If different households must carpool, ride with masks on in the car and with all windows down.

Practice Protocols:

The following practice protocols have been established based on the published guidelines from the CDC, US Rowing, county, and state guidelines. In order to help slow the spread of COVID-19 and to keep our rowers safe, it is vital that all athletes and coaches follow the guidelines set forth. While it is not possible for the coaching staff to have “eyes on” every athlete at every moment (such as when walking from the parking lot to the dock), DCNRC expects all athletes to follow these guidelines at all times. Should any athlete or parent have a concern regarding the adherence to any of these guidelines, they should bring it immediately to the attention of Coach Julian Canha.

Items required for practice:

Face mask (please see guidance below for appropriate face masks and usage)

Athletes in team boats should bring an extra mask in a plastic baggie in case their mask gets wet while on the water or with vigorous activity.

Individual filled water bottle that can be brought on the boat (if metal, needs to be covered by a long sock)

Small individual bottle of alcohol hand sanitizer (at least 60% alcohol)

Ziplock style plastic bag to store masks while on the water for athletes in singles.
(Athletes in team boats will be required to continue to wear face masks while on the water.)

Wrap around eye protection and/or face shield for coxswains in 8+ boats

Before each Row:

All athletes and coaches will complete an online Symptom Checklist DAILY prior to practice. Athletes will not be allowed to participate in a practice until a form is received for that day. If an athlete has an affirmative response to any of the questions, they should not attend practice that day and contact Coach Julian. If you have traveled outside of your home state

(other than Maryland, DC, or Virginia) since your last practice, please follow the guidelines listed below for Out of State Travel.

Athletes should park/be dropped off in the Calleva parking at Riley's Lock Road.

Athletes should make their way directly to the dock practicing social distancing of at least 6 feet from others. Face masks are required at all times except when single rowers are on the open water in their individual boat. Athletes in team boats are required to wear face masks at all times.

Per US Rowing recommendations, personal items shall remain in the individuals' vehicle or be brought in the boat with them, not stored on-site.

Once at the dock site, the rower will sanitize his/her hands. Athletes' temperatures will be taken by a DCNRC coach using a contactless infrared forehead thermometer. Any participant with a temperature of 100 degrees Fahrenheit or greater will be sent home. Athletes passing the temperature screening will then make their way to the boat line. Markers will designate 6+ foot spacing for the rowers to maintain while in line. Rowers in single shells requiring assistance to safely carry their boat will be paired up by a DCNRC coach and will "team carry" the boat with one rower at the front of the boat, the other at the back of the boat which will allow them to stay significantly greater than 6 feet apart from one another. Double and Quad team boats will be carried only by the members of that boat. Oars will be obtained from the oar rack next to the dock or from the oar slots on the dock. Rowers will be assigned a boat number and oar number at the beginning of the season. They will continue to use the same boat/oars unless there is damage to the equipment at which time they will receive new assignments.

Once on the open water, rowers in single boats will sanitize their hands, remove their face mask and store it in a plastic baggie. Hand sanitizer should be used after removing the face mask too. Rowers and coxswains in team boats will wear face masks throughout practice.

After each Row

Rowers in Single boats:

Rowers will sanitize their hands and replace their mask prior to returning to the dock. Rowers should re-sanitize hands after putting on their mask.

After returning to the dock, rowers will put on disposable gloves, disinfect their oar handles by dunking the handles into a bucket containing bleach solution (1 cup of bleach per 3 gallons of water) and replace their oars in their numbered slot on the oar rack/dock.

All "touched" boat surfaces will be sprayed down with a disinfectant, these include: seat top, gunwale, seat rail, oar lock and shoes. The boat will be returned to its numbered slot and allowed to air dry.

Rowers will remove their gloves and dispose of them in the open garbage can near the boat storage.

Rowers should sanitize their hands afterwards.

All athletes should return to their cars and vacate Calleva immediately after their practice session.

Athletes in team boats:

After returning to the dock, athletes will put on disposable gloves. Rowers will disinfect their oar handles using a disinfecting wipe and replace their oars in their numbered slot on the oar rack/dock. Coxswains will clean their individual cox box with a disinfectant wipe.

All “touched” boat surfaces will be sprayed down with a disinfectant, these include: seat top, gunwale, seat rail, oar lock and shoes. The boat will be returned to its numbered slot and allowed to air dry.

Athletes will remove their gloves and dispose of them in the open garbage can near the boat storage.

Athletes should sanitize their hands afterwards.

All athletes should return to their cars and vacate Calleva immediately after their practice session.

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 test 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 rower/coach and indicate that individual's pod/practice time. To protect privacy, the name of the

individual will not be released unless approved by the individual and his/her parents (if a rower).

Close contacts of the positive rower/coach 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.

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/coach, 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/coach remains asymptomatic with no new exposures.

If you start to develop symptoms, contact your doctor. 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.

Out of state travel:

It is recommended that anyone who travels outside of their home state receive COVID testing upon their return home. Any athlete/coach who is not fully vaccinated and travels outside of their home state area (Maryland, DC, Virginia, Pennsylvania, or Delaware), will

be required to get a COVID PCR (not rapid antigen) test 3-5 days after their return from travel and should self quarantine at home until a negative COVID PCR test is received, at which time they may return to team boat rowing. Fully vaccinated athletes/coaches (14 days or more after your 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 get tested nor quarantine after domestic travel.

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, they do not need to quarantine after close exposure to a COVID positive individual.

-If 2 members within a pod test positive within a 14-day period, then the pod is quarantined (note: members of the same boat may have already been under quarantine for a close contact exposure)

-If 3 or more pods 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.

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 14 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

****If you answered YES to any of the above questions, please do NOT attend practice and notify Coach Julian.

Websites:

Centers for Disease Control:

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

US Rowing:

<https://usrowing.org/sports/2020/3/4/usrowing-coronavirus-information-and-updates.aspx>

Maryland's Best Practices for Youth Sports:

<https://commerce.maryland.gov/Documents/BusinessResource/Youth-Sports-COVID-19-Best-Practices.pdf>

Montgomery County, MD COVID-19 Resources:

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

The national federation of state high school associations guidance for opening:

https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf