



## COVID-19 Response Winter Training

### 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 affected 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 Winter training:

- 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 guidelines.
- Winter training will only occur outdoors or virtually due to the current pandemic.
- For outdoor training, we will be utilizing a 2,240 square foot covered pavilion at Bretton Woods. Ergs will be spaced at least 12 feet apart and all ergs will facing out from the pavilion.
- Weather protocols, taking into account temperature, precipitation, and wind chill, will be in place to decrease the risk of weather related injury such as hypothermia.
- Rowers should dress appropriately, in layers, for the weather. For cold days, rowers are encouraged to wear hats, gloves that allow for a non-slip grip, and warm socks in addition to their regular apparel.

- Daily attendance will be recorded and used for contact tracing, if necessary.
- To further reduce the risk of disease exposure:
  - practice times will be staggered
  - coaches will create consistent “training pods” of 10 or fewer rowers
  - risk reduction protocols including wearing face masks while not erging, wearing gaiters while actively exercising, social distancing, hand washing/sanitizing and daily health screening questionnaires will be enforced
  - shared equipment cleaning protocols will be practiced
  - rowers will not share water bottles nor snacks

**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 rowers and coaches follow the guidelines set forth. While it is not possible for the coaching staff to have “eyes on” every rower at every moment (such as when walking to and from the parking lot), DCNRC expects all rowers and coaches to follow these guidelines at all times. Should any rower 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)

Gaiter

Individual filled water bottle

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

Ziplock style plastic bag to store mask while on the erg

**Before each practice:**

All rowers and coaches will complete an online Symptom Checklist DAILY prior to practice. Rowers will not be allowed to participate in an in person practice until a form is received for that day. If a rower 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.

Coaches will disinfect the ergs prior to the start of each practice.

Rowers should park/be dropped off in the tennis parking lot at Bretton Woods. Rowers should make their way directly to the practice pavilion maintaining social distancing of at least 6 feet from others. Face masks are required at all times except when rowers are actively exercising on their erg.

Per US Rowing recommendations, personal items shall remain in the individuals' vehicle as able.

Once at the pavilion, the rower will sanitize his/her hands at the automatic touchless hand sanitizer station. Rowers will be assigned an erg at the beginning of the season. They will continue to use the erg unless there is damage to the equipment at which time they will receive a new assignment. After sanitizing his/her hands, the rower should make their way to their assigned erg. Once seated at the erg, the rower may remove their mask and store it in their plastic baggie. The rower should then don their gaiter and hand sanitize with their personal sanitizer prior to starting practice. \*Rowers MAY wear face masks while exercising if they desire and their breathing is not impaired by the face mask.

#### **After each Practice**

Rowers will sanitize their hands and remove their gaiter. They will then replace their mask prior to leaving their erg station. Rowers should re-sanitize hands after putting on their mask.

All "touched" erg surfaces including: the seat, handles, monitor, fan dial and shoe straps, will be sprayed down or wiped with a disinfectant, by a coach, and allowed to air dry.

Rowers should return to their cars and vacate Bretton Woods immediately after their practice session.

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

**If a rower/coach is ill or has a temperature of 100 degrees or higher or signs of illness:**

Stay home

Contact your doctor regarding treatment and guidance concerning COVID testing

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 a rower/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 County or 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. [Due to the fact that rowers will not be masked during winter training and they will be in a stagnant location for an extended period of time, multiple rowers MAY be considered a close contact if exposed at practice.](#) 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.

**Rowers 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 from the first signs of illness

No fever (meaning a temperature greater than or equal to 100.4 degrees Fahrenheit) x 3 or more days

Symptoms have improved

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

**If a "close contact" of a rower/coach is under investigation for COVID or is COVID positive:**

Get tested for COVID

Stay home until 14 days after your last exposure, even if you test negative during your quarantine period

If you start to develop symptoms or test positive, contact your doctor

### **Out of state travel:**

If any rower or coach travels outside of their home state (Maryland, DC, or Virginia), we will be following the Maryland State recommendations upon their return. Rowers residing in DC or Virginia will be treated as “Marylanders” under the out of state travel policy. The Maryland guidelines state the following:

Any Marylander returning from out-of-state should get tested for COVID promptly upon arrival in Maryland.

Any Marylander who travels to a state with a COVID-19 test positivity rate above 10% should get tested and self-quarantine at home until the test result is received. The District of Columbia and the Commonwealth of Virginia are exempt from this recommendation.

A list of state COVID-19 test positivity rates can be found here: (<https://www.cdc.gov/covid-data-tracker/index.html#testing>) (COVID-19 Tests Performed by State - Commercial and Reference, Public Health, and Hospital).

### **Resources:**

#### **MD COVID Alert:**

MD COVID Alert uses Bluetooth low energy technology to quickly notify users who may have been exposed to COVID-19. All rowers, coaches and family members are encouraged to opt-in to this free service. For more information and instructions on how to opt-in please visit:

<https://www.covidlink.maryland.gov>

**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 (or more) 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? 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](https://www.nfhs.org/media/3812287/2020-nfhs-guidance-for-opening-up-high-school-athletics-and-activities-nfhs-smac-may-15_2020-final.pdf)