



# COVID-19 Safety Guidelines & Expectations

## Overview

UA Crew has been cleared to return to rowing for the fall of 2020.

While we rejoice in the opportunity to partake in the sport we love, it will not be sustainable unless we take intentional, deliberate steps to maintain safety.

*Upper Arlington is not a closed bubble. COVID-19 cases have occurred in UA, and will almost certainly occur again at some point.*

**It is important we understand the two sentences written above. They are the reason why the below rules are written so strictly.**

The only way to prevent transmission of the virus—to stop two cases from turning into 20 cases—is through specific action designed to minimize its spread.

As such, we will have the following set of safety guidelines and expectations.

*These have been put in place specifically for the health and wellbeing of the members of our program and their friends and families.*

*We expect all athletes to honor and uphold these guidelines in their own lives.*

*Failure to do so may result in disciplinary action, including losing the privilege to be a member of this program.*

## Social Gatherings

### Social Distancing

Athletes are required to practice social distancing (6 feet or greater) at all social gatherings or when out in public, whether or not they are rowing events.

### Masks

Athletes are encouraged to wear a mask at all social gatherings, whether or not they are rowing events. This is regardless of whether or not certain attendees feel “comfortable” or “safe” with others in the group. Athletes will be required to wear masks at all team practices or events. *Athletes will not remove their masks during practice until they are permitted to do so by the coaches.*

*NB: this will generally not occur until the athletes are in their boats, so all athletes should bring a baggie of some sort that they can put their mask in while they are rowing.*

### Physical Contact

Traditional physical contact in social settings is to be avoided, including handshakes, high fives, and hugs.

***Athletes are expected to depart from any social gathering in which these standards cannot be met.***

## **Illness**

Any athlete that either A) feels ill with any COVID-19 symptoms or B) finds out that s/he has come into contact with a person that has tested positive for COVID-19 is required to inform the coaches.

The athlete must then stay home and quarantine until s/he has been symptom-free for 14 days or has received a negative result on a COVID-19 test.

That athlete must also inform any persons that they have come into contact with since the time of their contraction of COVID-19/contact with a COVID-19 positive person of their potential exposure. This is a critical part of “contact tracing”.

## **Rowing Practice**

### **Transportation**

Athletes will also be asked to maintain social distancing while driving or riding in vehicles to practice. This means that there will be less people in each vehicle, thus requiring more vehicles to drive to practice.

### **Pre-Practice Symptoms Assessment**

Athletes will check in and complete a symptoms assessment with their coaches every day before attending practice.

### **Temperature Measurement**

Athletes will have their temperatures taken before each practice. A coach will take the athletes' temperatures with a non-contact thermometer. If an athlete does not record a healthy temperature on his/her first attempt then they will be instructed to wait five minutes and then re-test. If the second test is still too high then the athlete will not practice that day for safety purposes and may be instructed to receive further testing.

### **Entering the Boatyard**

Athletes will enter the boathouse and immediately wash their hands/sanitize their hands at the provided hand washing stations.

*Athletes will not remove their masks during practice until they are permitted to do so by the coaches.*

*NB: It is possible this will not occur until the athletes are in their boats, so all athletes should bring a baggie of some sort that they can put their mask in while they are rowing.*

### **Equipment**

Each athlete will use the same oar each practice. Lineups and boat assignments will be set so that the same athletes are in the same shell each practice to the extent possible. *Please note that this means if an athlete must be quarantined, their boat will be limited to land work until they are cleared from quarantine.*

### **Post-Row Sanitization of Equipment**

After rowing, all oar handles will be sprayed with disinfecting solvent before being put away.

Athletes or coaches will clean the “contact points” (riggers, foot-stretchers, gunwale, footstretcher bolts) of each boat. (Remember: do not use Clorox/Lysol on anything that is “movable” (seats & tracks, oarlocks) as it will eventually corrode those movable joints. All oar handles and equipment will be rinsed with water after disinfecting and prior to being put away.

Any other equipment used will also need to be disinfected by its user (i.e., coxswains clean their coxbox, etc.)

Athletes will then stretch, wash their hands, and then depart from the boatyard.

### **Erging**

All erging will be done in socially-distanced space.

Athletes will sanitize their own individual ergs' contact points (handle, monitor, seat, foot straps, slide) with disinfectant after each use. (Remember: do not use Clorox/Lysol on anything that is "movable" (seat and erg rail), as it will eventually corrode those movable joints/ball bearings.)

## Take Home Points

This virus does not magically get passed around. It passes through scientifically-determined means: physical contact, aerobic respiration, etc. *This means that we can control its spread through our decision-making.*

Small individual risks over multiple occurrences mean a likelihood of occurrence.

A trip to a grocery store or a gas station, etc.--all of these may be a fairly small risk on their own; maybe a person only has a 0.1% chance (1 in 1000) of catching the virus on one of those trips.

But  $0.1\% \times 35,000$  UA residents = a near-certainty of infection by someone at some point.

If/when that happens if that person is practicing social distancing, then the virus will be contained.

If s/he is not, then the virus will pass to 5 people, who will each pass it to 5 people, etc. and we will have 150 cases before we even know it's here.

*This is why social distancing is so crucial—to make sure that we keep any potential cases contained.*

**If we do this well, we will be able to enjoy a long, productive fall season, without any interruptions or issues.**

**But, if we do not, we will end up right back on our parents' couches.**

**That power is in our hands.**