



COVID-19 Operational Protocols 07/01/2020

RIDGEWOOD CREW

COVID-19 Re-opening and Returning to Outdoor Training

Safety Protocols

Ridgewood Crew is committed to the health and safety of all rowers, coaches, and members in our program. The following Ridgewood Crew safety and operational measures are based on the latest COVID-19 guidance from the CDC, NJ Department of Health, and other publications to include guidelines from US Rowing. These measures have been put in place for the health and safety of all rowers, coaches and members in our program and are to be strictly adhered to. Failure to comply will result in denial of participation.

FIVE CORE PRINCIPLES

1. Athletes must follow the rules and regulations set forth by the CDC and the NJ Department of Health.
2. Training should focus on a “get in, train, get out” approach, minimizing unnecessary contact.
3. Individuals should always maintain social distancing of at least six (6) feet in all areas when social distancing is required. This includes coaches, athletes and staff. If possible, separate entrances and exits should be created to optimize social distancing.
4. Training should be allowed in single sculls (1x) only, except for members of the same household who may row in a double scull, in order to maintain proper social distancing when social distancing is recommended.
5. No team boats will be allowed until social distancing guidelines are lifted due to the possibility of the transmission of the disease through respiratory signature. A respiratory signature is the footprint we leave in the air every time we expel air from our lungs through our nose and/or mouth. This can be anything from simply exhaling to talking, laughing, sneezing or coughing.
6. Face masks (including cloth face coverings, surgical or hospital masks) shall always be worn in and within 25 feet from the boathouse, on the apron and on the docks. Masks can be removed once on the water in a single but should be put back on when returning to the dock.
7. Masks should be worn in addition to social distancing.
8. Athlete, coach and staff health must be monitored by the program director at least daily.



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9. All athletes, coaches and staff should sanitize or wash their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols regularly.
10. Care shall be taken to pay attention to cleaning commonly touched items in our area of training or boathouse such as doorknobs, locks, gates, etc. These will be disinfected after each use, and at the end of each program daily.
11. Athletes shall carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available.
12. No personal items should be stored at the shed or in the pen. All personal items must remain in the individuals' vehicle or be brought into the boat with them.

RETURN TO TRAINING/ATHLETE HEALTH MONITORING

1. Any individual (athletes, coaches, and staff) returning to the boathouse or to a training environment needs to have been in that general geographic location for 14 days prior to coming to the pen.
2. Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to a designated person at the club if the rower was physically present at the boathouse within the prior 14 days, and the individual must self-quarantine for 14 days before returning.
3. **All individuals must self-monitor for symptoms of COVID-19 daily. These symptoms include: fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. If any of these symptoms exist the person should not come to the pen.**
4. **Athletes, coaches and staff must arrive to the practice facility wearing a mask. Masks are to be worn when not engaged in practice activity.**
5. If individuals feel any of the symptoms mentioned in #3 during or after practice, contact the coaches and/or Ridgewood Crew Board member and do not attend practice. The individual should reach out to his or her doctor for assistance.
6. If an individual has had a documented case of COVID-19, they will need a note from their doctor indicating they are cleared to resume participation in training.



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7. If training in groups, it is recommended to train in the same group and not mix training groups in order to decrease the risk of exposure across groups.

OUTDOOR FACILITY USE

1. Ridgewood Crew will follow state and local guidelines pertaining to parks and public waterways in the operation of on-the-water training.
2. Athletes should use their own equipment or the same pieces of equipment daily if unable to have their own – single (1x), oars, and adaptive equipment such as seat cushions, grip aids, etc.
3. The athletes will carry their specific oar set to and from the dock.
4. All oars will be wiped down with disinfectant before and after use.
5. Any shared equipment that is being used, will be thoroughly cleaned and disinfected with alcohol (70% minimum) disposable surface wipes before and after each use.
6. When launching/landing, social distancing will be maintained. Multiple boats on the dock should be allowed only if proper social distancing requirements of at least six feet can be met.
7. As water and wind conditions permit, one side of the dock should be used for launching and the other side should be used for recovery.
8. All trash shall be removed from the site daily.

Additional Information

Consultant the following sites for up to the date information regarding Covid-19:

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

<https://www.nj.gov/health/cd/topics/ncov.shtml>