Summer 2020
Step-by-process for Rowing Activities
Reserving a Launching Time

Launching times will be reserved through CRC Sign-up Genius

Phase 1
• Members with privately owned equipment will be able to start rowing June 6, 2020 on designated days and times
  (Tuesday, Thursday, and Saturday from 7AM-10AM)

Phase 2
• Members using club equipment will be able to start rowing on June 13, 2020.

Phase 3
• Summer programming starts on July 6, 2020 and will effect launching times and availability
Arrive at CRC

- Athletes should arrive in lot 5-10 minutes prior to launch session time and remain in their car
  – Please show up in rowing appropriate clothing
Fill out the CRC Covid Screening Questionnaire

https://zfrmz.com/ovEH6STdqYXx9Zo69XVy
Receive Text from CRC

• This means they are ready for you to approach the facility
• Members and athletes must be wearing mask and protective eyewear when getting out of car
• Approach the facility around the Haverford Section of the building
Launching and Oars

- Members and Athletes will be assigned a launching and boat cleaning section (1 to 4)
- Members will be brought in to launch in 15 minute windows
- Members with privately owned oars will grab their oars and take them to the dock and return to boat area to grab their personal shell
- Members and athletes using club equipment, oars will be on the dock and a shell will be assigned to them
- Each rower will be given a Ziploc bag and pair of gloves
Shells and Dock

- Rowers will carry their boat or designated boat to their assigned launching area
- Rowers launch and return to the same section of dock
Removing of Mask

- After launching rowers can remove their protective mask and protective eyewear
- Put mask and eyewear in provided Ziploc bag
Returning to Dock

• Again, make sure to return to assigned dock section
• Once landed, put back on your mask and eyewear.
• Also put on your gloves.
Cleaning your Gloves and Oars

• Use a disinfectant wipe to clean your gloves, then throw away wipe
• Use another wipe(s) to disinfect the oar handles and touch points, then throw wipe(s) away
Carry Shell to Cleaning Area
Cleaning the Shell

• Use disinfecting wipes to clean all contact points on the shell (Examples: gunnels, shoe straps, oar locks, and seat)
• Use as many wipes as necessary
• Dispose of wipes in trash can
Rinse off Shell

- Roll shell over and rinse off with hose
Putting away Equipment

• Put shell back on designated rack
• Members retrieve and re-rack oars
• Program athletes – oars remain on dock
Checking Designated Areas

• Make sure all belongings are off the dock and either thrown away or in your possession
• Properly remove your gloves and put in trash can
Leaving CRC

• Once done, leave CRC around the Haverford part of the facility
Thank you!