CRC Recommendations for
Team Boats and Junior Programming
Continue at-Home & at-School Measures

*Follow CDC, State, and County Guidelines*

**At Home**
- Continue to refrain from gathering with persons outside your immediate family and when you do follow social distancing

**At School**
- Follow the standards and guidelines the school is implementing to provide a safe environment

**At CRC**
- All CRC rules, Covid rules, and Guidelines will remain in place
Arriving at CRC

• Athletes should drive or be dropped off by themselves. No Carpooling.
  
  – Please show up in rowing appropriate clothing
  – Locker Rooms and upstairs facilities remain CLOSED only to be used in case of an emergency
Fill out the CRC Covid Screening Questionnaire

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

- With team boats in place, athletes must remain clear of the boat bays until their whole boat/pod is present
- Pods should be formed so no athletes interchange between boats
- Rowers must be wearing masks at all times while on land / CRC Campus
- Once all athletes have arrived they will be notified to the boat area
Launching and Oars

- Athletes will be brought to the boat area and grab their boat and oars
- Social distancing is still required while not handling equipment
- There will be a limit of 1 boat per bay at a time
- Boats will launch in a designated section of the dock
- Each rower will bring/be given a resealable bag for their masks and water bottles
- Rowers launch and return to the same section of dock
Wearing a Mask

• Rowers will continue to wear masks in the boat
• Masks will only be removed when rowing full pressure or during pieces
• Masks should be put back on during downtime, drills, and launching and returning to the dock
• Again, once on land, masks should be worn at all times
Returning to Land

- Again, make sure to return to assigned dock section
- Return times will be assigned to keep dock traffic to a minimum
Cleaning your Oars

• Use 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
- Soap and sponges will be used at least 1-2 each week to clean equipment
Putting away Equipment

• Put shell back on designated rack
• Retrieve oars and put back into designated rack
• Athletes will be assigned 1 set of oars, no other rower will use that same set of oars
Checking Designated Areas

- Make sure all belongings are off the dock and either thrown away or in your possession
- Throw away all used wipes and put in trash can
Leaving CRC

- Once done, leave CRC
- Athletes should go directly to their car or be picked up after being done with their practice
- No gathering or groups in the around the facility or in parking lot
Additional Safety Recommendations

• Pods should remain together for the first 6-8 weeks (if not longer)
• Rapid antigen tests will be required/given to assigned athletes 2x per week for each boat
  – If tests are not available at CRC, athletes will be asked to go to a test location (ex: 15toKnow) or take a self-administered home test (ex: Ellume)
  – Reimbursements will be provided if tests are not covered by insurance by program oversight group (ex: FHSR)
Positive Covid Tests

• If someone tests positive in a boat, the whole boat is required to get PCR tests.
• Confirmed positives and asymptomatic athletes will need to self-isolate for 10 days
• Larger outbreaks will shut down the whole team for appropriate testing, quarantining, and contact tracing
Thank you!