

**Purpose:** Outline plans for Indianapolis Rowing Center COVID-19 protocol regarding time spent at the boathouse and cleaning of equipment.

**Scope:** All teams that row out of the Indianapolis Rowing Center: Juniors, Competitive Masters, Technical Masters, Learn-to-Row Masters, Adaptive, Butler, and IUPUI.

**This plan will be continually updated as state and local guidelines evolve and should be considered a living document. Changes in the Local Infection Rate trends and other factors such as state, county, and USRowing guidelines will be used to inform how the teams move forward in phases or when they should revert back to more restrictive conditions (including direction from USRowing or any other government authorities with jurisdiction).**

### Athlete Health Monitoring

- All individuals must self-monitor for symptoms of COVID daily. Symptoms include but are not limited to fever or chills, shortness of breath, fatigue, cough, congestion, sore throat, muscle or body aches, headache, nausea and diarrhea, loss of smell, loss of taste. If an individual has any of these symptoms, including a temperature >100.4 or over, the individual should not come to the boathouse AND notify their coach immediately.
- We ask that any individual known to have tested positive (regardless of symptoms or no symptoms), who has been exposed to a person who has been diagnosed with COVID-19, or has a COVID-19 test pending must self-report to the team's coach and Executive Director immediately. As protocols are changing rapidly, teams will follow current CDC guidelines regarding self-quarantine, contact tracing, and other recommendations.
- Those with close contact of a person who has been diagnosed with COVID-19 are also required to quarantine for 14 days. Close contact is defined as those who were less than 6 feet apart for more than 15 minutes. Officers will attempt to notify anyone who may have been at the boathouse at the same time as a positive testing individual and the general membership will also be notified.
- The impacted team will have a limited shutdown after a COVID-19 positive (or compromised) individual was at the premises as necessary to clean any equipment or areas which may have been compromised. At that point, the team site will resume normal operations.
- If an individual is diagnosed with COVID, they will need a note from their doctor prior to returning to training.

### Arrival at the Boathouse

- All individuals must wear masks before entering the boathouse.
- Only athletes, coaches, and staff are allowed within the boathouse.
- Masks are required for anyone on IRC property.
- You must not arrive earlier than your assigned practice time. Arrival times are based on your team and group (if applicable). If you do arrive early, please stay outside until your designated practice time.
- Personal items inside the boathouse should be kept to a minimum. Please put your name on your water bottles, and do not share.

### Equipment

- Rowers should not touch anything at the boathouse except their assigned equipment for that practice.
- All equipment must be sanitized after use by the rower – the coaches will oversee to make sure this is done.
- If weights are being used, they must be thoroughly wiped down after every use before another rower uses them. This should include at the IRC boathouse or anywhere there is an organized weight training session overseen by IRC coaches/staff.
- Rowing machines and weightlifting equipment need to be kept 10 feet apart at all times and wiped down thoroughly after every use. Athletes are required to wear masks while lifting at IRC or Brebeuf unless 10-foot social distancing can be maintained.
- When running or doing land workouts where 6-feet can be maintained between teammates, masks do not have to be worn. Please try to maintain social distance during these workouts. As soon as the workout is over the mask must be put on.

## On the Water

- Masks must be worn down to the docks until you are in the boat ready to launch. It is recommended that you bring a plastic sandwich baggie to keep your mask dry while on the water, and have a second mask available in your bag in case your boat flips and you lose your mask.
- Once the boat has pushed off the dock, masks are optional for rowers. Coxswains in stern-coxed boats must wear a mask or face shield at all times.
- No sharing of water bottles.
- No switching of seats.
- Coaches will wear masks in the launch unless they are alone. Coaches will put a mask on if the need arises to be within 6 feet of a shell except in emergencies.
- No spitting.
- No high-5s, fist bumps, or touching of any kind.
- Masks must be put back on when approaching the dock at the end of practice.

## Coaches' Responsibilities

- Maintaining a log of who attended practice.
- Monitoring athletes for signs or symptoms of COVID-19 during practice. If there are any signs or symptoms of COVID-19 detected in an athlete, the rower will be immediately separated from the team and parents notified. The rower will be sent home as soon as their parents arrive and instructed to contact their healthcare provider.
- Making sure the rowers are sanitizing equipment after each and every practice.
- Enforcing infection prevention measures before, during, and after practice.