



COVID -19 SAFETY GUIDELINES

These guidelines are based upon the New York State Forward Business Re-Opening Safety Plan Template, the US Rowing Re-opening the Boathouse/Return to Training considerations Post-Covid-19 and guidance from Concept 2 on cleaning/disinfecting of oars.

1. All participants will wear a mask, except when in the boat, and will maintain social distancing as much as possible.
 - The Coxswain will be required to wear a mask while in the boat
2. It is expected that every participant will bring their own personal towel for handwashing pre and post rowing session.
3. Every participant, to include coach/s and volunteer launch drivers, will go through a health screening process to include questions as mandated by New York State
4. Every participant will then proceed to the handwashing station located on the picnic table at the front of the boathouse and perform 20 sec of hand washing, using their own personal towel or paper towels to dry their hands.
5. Oars will be carried to the dock by each individual participant.
6. Depending on the number of rowers, all boats but 8's can be used.
7. The coach's launch/s will be taken to the water with the minimum number of individuals required.

Coach responsibilities:

1. The coach will unlock/open and close/relock the gates to the boatyard, the boathouse and the 2 front doors to each bay.
2. The coach will be responsible for disinfection with the appropriate solution of all and any locks/gates/door handles he/she touched in opening and closing for the practice.
3. The coach will be responsible for maintaining gas – both purchasing the gas and then pouring gas into the can required for use with the motor and then placing/removing the motor gas can in the launch and connect/disconnecting to the motor.
4. The coach will be responsible for disinfecting anything and everything he/she touched/handled in the launch for during operation during the practice session.



5. The coaches will be responsible for setting up and taking down the workhorses to be used for washing and disinfecting the oars.

Cleaning of equipment:

1. All club owned equipment will be cleaned following the below guidelines.
 - a cleaning station for the oars will be set up to include a bucket of water, a spray bottle of Simple Green and clean towels.
 - the oar handles and shafts will be sprayed with the Simple Green and brushed with a soft nylon brush
 - the towels will be dipped into the bucket of plain water and then used to wipe down the oar handle and shaft
 - the oar handle and shaft will then be rinsed with plain water from the bucket
 - the oar handle and shaft will then be dried with a clean towel. That towel will then be placed in the dirty towel bin

The individual carrying the oars to the oar rack will either have performed handwashing prior to picking up the oars or wear a pair of clean, unused gloves.

The outside of the club owned boat will be cleaned as usual after practice.

The individuals who rowed the boat will disinfect the inside of the boat by spraying the following parts with the Simple Green and allowed to air dry – the oarlocks and the foot stretchers/shoes and any other part that the rower touched.

Towels:

1. Towels can only be used once.
2. Towels that have been used will be placed in the bin designated for dirty towels.
3. Responsibility for washing the towels will be determined by the coach.
4. Cleaning of the towels requires nothing more than water, laundry detergent and a washing machine. A special “disinfectant” laundry detergent is not required.