

Greenwich Crew COVID-19 Protocols

Greenwich Crew will be offering fall rowing programs for junior athletes. The structure of these programs will look different from past years as we limit program sizes and implement procedures to allow athletes to train on a daily basis. As we take this next step it is imperative that we lay out and follow strict guidelines to maintain a safe rowing environment. All athletes will be expected to adhere to the policies listed below to ensure the continued ability for everyone to row. Any athlete who does not follow these guidelines will lose their privilege to row until they can prove to the coaching staff their ability to follow the structure put in place.

- 1) Athletes can arrive no more than five minutes before their assigned practice time. Coaches will provide designated meeting areas for their teams that will allow for social distancing. We are adopting US Rowing's "get in, train, get out" policy.
- 2) A daily health questionnaire will be completed by each athlete.
- 3) Athletes are expected to wear a cloth face covering (mask) at all times when at the Water Club, except for when in a boat or proper social distancing measures provided by the State of Connecticut are possible. Coxswains in stern coxed boats must wear their mask when in the boat.
- 4) Coaches will wear a cloth face covering (mask) at all times, except for when they are on their launch with no passengers.
- 5) Ergs will be made available outdoors and spaced out for athletes to warm-up (weather permitting).
- 6) Any athlete who has tested positive for COVID-19 in the past 14 days or is exhibiting symptoms of COVID-19 (fever of 100 degrees or higher, cough, shortness of breath, sore throat, loss of taste or smell, diarrhea, chills) may not attend practice, until cleared by a doctor.
- 7) Any athlete who has a family member or friend who has tested positive for COVID-19 in the past 14 days cannot attend practice for five (5) days, with the athlete having a negative COVID test completed on the 5th day. If an athlete cannot be tested they are expected to quarantine for 14 days.
- 8) Athletes and families who have traveled to states included on the CT Travel Advisory list must notify their Head Coach before returning to practice, and follow proper procedures.
- 9) If a person living in the same dwelling as a rower has a fever, the athlete is not allowed to come to practice until the person is tested with a negative result.
- 10) Practices are scheduled to limit the number of athletes on site, athletes who are not attending a scheduled practice are not allowed to use the facility.
- 11) Athletes should arrive at the boathouse ready to row and with limited additional belongings. Backpacks will not be allowed in the boathouse.
- 12) Restroom facilities will be available for athlete use. Locker rooms will not be available.
- 13) Athletes will need these items on a daily basis:
 - A plastic bag, to keep their face mask and hand sanitizer dry while rowing
 - A small bottle of hand sanitizer
 - A face mask
 - Proper hi-viz clothing, weather conditions can change quickly, make sure to have layers
 - Sunglasses
 - Water bottle (Please make sure it's full)

- 14) Athletes will return to the dock a minimum of 20 minutes before the end of their session to allow for proper boat washing.
- 15) Upon arriving back at the dock, athletes MUST put their mask on before getting out of their boat.

As rowing on the water is weather dependent, the following procedures will be put in place for on land training.

- 1) Land or indoor training will be limited to groups of 15-20 athletes. Teams will be assigned training areas and workouts will be led by a coach or trainer.
- 2) Athletes working out indoors are required to wear a mask at all times.
- 3) Equipment will be spaced out to maintain social distancing guidelines.
- 4) Athletes will be responsible for wiping down their equipment before and after every use.

Program Structure

High School (Varsity & Novice)

High school athletes will be assigned training cohorts for the season, unless a coach feels the need to adjust groups at which time the coaching staff will take the necessary steps to limit exposure to athletes. Training groups will consist of four or five athletes. These athletes will train together in the same boats ranging from 4+'s to 1x's.

High School athletes will follow a dryland training rotation for groups that will remain on land to complete their workout. Dryland training will be conducted outdoors, maintaining social distancing guidelines at all times, weather permitting. Athletes spaced 10+ feet apart outdoors do not need to wear a face covering when working out. If training needs to take place indoors, workout equipment will be spaced a minimum of 6 feet apart and face coverings will need to be worn. Windows and doors will all be opened to help promote air flow.

In cases of inclement weather, high school teams may assign training groups to limit the number of athlete's onsite that need to train indoors. These groups will rotate through our available training spaces, providing each athlete the chance to complete their workout.

Middle School (Comp Dev, Middle School)

Middle School athletes will be assigned training cohorts for the season, unless a coach feels the need to adjust groups at which time the coaching staff will take the necessary steps to limit exposure to athletes. Training groups will consist of four or five athletes. These athletes will train together in the same boats ranging from 4+'s to 1x's.

The goal is for our middle school athletes to be on the water each practice. Inclement weather and/or training plans may keep athletes on land. If a program is training on land, every effort will be made for the training to take place outside in a socially distant manner.

Equipment

All Greenwich Crew equipment will be cleaned and disinfected between every session. Single use wipes will be available if athletes would like to wipe their own equipment down before use. Coaches and staff will be on hand to supervise the cleaning process.

Any athlete who is found to violate any of these policies will be excluded from rowing. Greenwich Crew staff reserves the right to deny athletes the chance to row based on coaches assessment.