

## **Greenwich Crew COVID-19 Protocols**

Updated: 8/20/2021

### **COVID Protocols - Fall 2021**

Greenwich Crew will be offering fall rowing programs for junior and adult athletes. This fall we will continue to take steps to help mitigate the spread of COVID-19 and help keep our athletes and staff as safe as possible. All athletes and staff will be expected to adhere to the policies listed below to ensure the continued ability for everyone to row. Anyone 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 are expected to avoid congregating in larger groups in any area of the club, especially indoors, where social distancing is not possible.
- 2) 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 and eye covering when in the boat, unless everyone in their boat is fully vaccinated.
- 3) Coaches will wear a cloth face covering (mask) at all times, except for when they are on their launch with no passengers.
- 4) Ergs will be made available outdoors and spaced out for athletes to warm-up (weather permitting).
- 5) Unvaccinated athletes who have been exposed to someone who is suspected or a confirmed case of COVID (within 6ft for greater than 15 minutes over a 24 hour period) are required to quarantine for seven (7) days, test on day five (5) or later, have a negative test and return on day eight (8). Unvaccinated athletes in the same boat will need to follow the above guidelines, no matter the distance.
- 6) Fully vaccinated athletes with exposure (defined above) will not need to quarantine but need to test on one of the following days (Days 3, 4 or 5). After exposure, athletes should wear a mask at all times when social distancing (greater than 6ft) is not possible for 10 days. (Athletes are fully vaccinated (i.e.,  $\geq 2$  weeks following receipt of the second dose in a two-dose series, or  $\geq 2$  weeks following receipt of one dose of a single-dose vaccine)
- 7) Any athlete who 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, a negative COVID test must be communicated in order to return. Athletes are responsible for open and honest communication with their Head Coach regarding any COVID symptoms.
- 7.1) Athletes who have tested positive for COVID must quarantine for 10 days from positive test, returning to practice on the 10th day, as long as they are symptom free. Any athlete receiving a positive COVID test must contact their Head Coach immediately so that proper contact tracing can be completed.

- 7.2) Any athlete who has a family member, someone living in their house who has tested positive for COVID-19 cannot attend practice for eight (8) days, with the athlete having a negative COVID test completed on the Day 5 after the exposure. If any athlete starts experiencing symptoms at any point during quarantine they should get tested and contact their Head Coach. Athletes are expected to share their test result with their Head Coach.
- 7.3) Junior athletes instructed to quarantine by their school are expected to inform their Head Coach and follow the guidelines provided by their school. Greenwich Crew reserves the right to extend an athletes quarantine period to help maintain the safety of our athletes and coaches. As a reminder, quarantine means an athlete is limiting their exposure to others in order to help stop the spread of COVID. Athletes are NOT allowed to visit the Boathouse during their quarantine.
- 8) Unvaccinated athletes who have traveled via air domestically must quarantine for seven (7) days returning on the day eight (8) with a COVID test conducted on day five (5) , with a negative result in order to attend practice. Athletes are responsible for providing documentation of their negative result to their Head Coach. If athletes do not test they must quarantine for ten (10) days.
- 8.1) Vaccinated athletes do not need to quarantine or test after domestic air travel.
- 8.3) Unvaccinated athletes traveling internationally must test before returning, test again on day five (5) upon return and quarantine for seven (7) days, returning to practice on the eighth (8) day. If a positive test result is received, the athlete must follow the above quarantine guidelines.
- 8.4) Vaccinated athletes traveling internationally must test before returning, test again on day five (5), no quarantine is necessary. If a positive test result is received, the athlete must follow the above quarantine guidelines.
- 9) Practices are scheduled to limit the number of athletes overlapping onland at the Water Club, athletes who are not attending a scheduled practice are not allowed to use the facility.
- 10) Athletes should arrive at the boathouse ready to row and with limited additional belongings.
- 11) Restrooms and limited locker room facilities will be available for athlete use. Athletes should arrive for practice ready to row with minimal belongings.
- 12) Upon arriving back at the dock, ALL 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) Outdoor training will be used whenever possible. Indoor training will be limited to groups of 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.

### **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.

---

### **COVID Protocols - Spring 2021**

Greenwich Crew will be offering spring 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. It is imperative that we continue to 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 each cohort/boat that will allow for social distancing. We are adopting US Rowing's "get in, train, get out" policy.
- 2) Athletes are expected to avoid congregating in larger groups (larger than their cohort) in any area of the club.
- 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 and a face shield 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) Athletes who have been exposed to someone with is suspected or a confirmed case of COVID are not required to quarantine if they meet one of the following criteria:
  - 1) Are fully vaccinated (i.e.,  $\geq 2$  weeks following receipt of the second dose in a two-dose series, or  $\geq 2$  weeks following receipt of one dose of a single-dose vaccine)
  - 2) Are within 90 days following a positive COVID test and have remained symptom free
- 7) Any athlete who 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, a negative COVID test must be communicated in order to return. Athletes are responsible for open and honest communication with their Head Coach regarding any COVID symptoms.
  - 7.1) Athletes who have tested positive for COVID must quarantine for 10 days from positive test, returning to practice on the 10th day, as long as they are symptom free. Any athlete receiving a positive COVID test must contact their Head Coach immediately so that proper contact tracing can be completed.
  - 7.2) Any athlete who has a family member, someone living in their house or has been contact traced due to exposure to a person who has tested positive for COVID-19 cannot attend practice for ten (10) days, with the athlete having a negative COVID test completed on the eighth (8) day after the exposure. If any athlete starts experiencing symptoms at any point during quarantine they should get tested and contact their Head Coach. Athletes are expected to share their test result with their Head Coach.
  - 7.3) Junior athletes instructed to quarantine by their school are expected to inform their Head Coach and follow the guidelines provided by their school. Greenwich Crew reserves the right to extend an athletes quarantine period to help maintain the safety of our athletes and coaches. As a reminder, quarantine means an athlete is limiting their exposure to others in order to help stop the spread of COVID. Athletes are NOT allowed to visit the Boathouse during their quarantine.
- 8) Athletes and families who have traveled to states included on the CT Travel Advisory list must notify their Head Coach and be tested within three (3) days of returning, with a negative result in order to attend practice. Athletes are responsible for providing documentation of their negative result to their Head Coach. If athletes do not test within three (3) days they will surrender their right to test out of quarantine.
- 9) If a person living in the same dwelling as a rower has a fever or other COVID symptoms, 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 overlapping onland at the Water Club, 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) Restrooms and limited locker room facilities will be available for athlete use. Athletes should arrive for practice ready to row with minimal belongings.
- 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 a maximum of 10 athletes. These athletes will train together in the same boats. 8+ boats will be available for training.

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 6+ 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 4x+'s to 1x's. Greenwich Crew reserves the ability to transition to training in 8+'s if the state positivity rate continues to go down.

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.

### **COVID Protocols - Winter 2020 - 2021**

Greenwich Crew will be offering winter rowing programs for junior and adult 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 prepare to train onland this winter, it is imperative that we adhere to the guidelines put forth by the State of Connecticut and local municipalities. All athletes will be expected to adhere to the policies listed below to ensure the continued ability for everyone to train. Any athlete who does not follow these guidelines will lose their privilege to train at the Greenwich Water Club 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 USRowing's "get in, train, get out" policy.
- 2) Athletes should complete a daily health self check. If any symptoms of COVID-19 are present the athlete should stay home. (fever, body ache, dry cough, fatigue, chills, headache, sore throat, loss of appetite, and loss of smell, etc...)
- 3) Athletes are expected to wear a cloth face covering (mask) at all times when at the Water Club, except for when proper social distancing measures provided by the State of Connecticut are possible. Training areas that do not require mask wearing while working out will be designated.
- 4) Coaches will wear a cloth face covering (mask) at all times.
- 5) Athletes will train outdoors whenever possible, weather permitting. Athletes are expected to bring the necessary clothing to practice to keep warm when training outdoors.
- 6) Any athlete who has tested positive for COVID-19 in the past 14 days or is exhibiting symptoms of COVID-19 (fever, body ache, dry cough, fatigue, chills, headache, sore throat, loss of appetite, and loss of smell, etc...) 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 must follow the 14 day quarantine protocol outlined by the State of Connecticut. Athletes who are required to quarantine by their school or business **MAY NOT** attend practice.
- 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 train 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) Equipment cleaning is an essential aspect to stemming the spread of COVID-19. Athletes are expected to properly clean all equipment they use after every use.
- 14) Coaches will assign training groups, to limit the overall team exposure. Athletes are expected to follow these training groups when attending practice.

## **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 10-15 athletes.

Training will take place outdoors, as much as possible. Athletes are expected to bring proper clothing with them to practice with the anticipation that they will be outdoors.

If weather does not permit outdoor training, cohorts will be assigned a specific training area indoors to avoid mixing cohorts.

### **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 ten athletes. 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.

Training will take place outdoors, as much as possible. Athletes are expected to bring proper clothing with them to practice with the anticipation that they will be outdoors.

If weather does not permit outdoor training, cohorts will be assigned a specific training area indoors to avoid mixing cohorts.

## **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.

## **COVID Protocols - Fall 2020**

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 5<sup>th</sup> 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.