

COVID-19 Safe Rowing and Sanitation Checklist @ DSC

(This document provides guidelines for athletes who can row singles independently.)

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- **BEFORE LEAVING FOR THE BOATHOUSE, ROWERS SHOULD SELF-MONITOR AND STAY HOME IF THEY HAVE A FEVER OR FEEL UNWELL.**
- **EACH ROWER WILL CHECK IN AT ARRIVAL AND ATTEST THAT THEY HAVE SELF-MONITORED, INCLUDING DOING A TEMPERATURE CHECK.**
- **WEAR A FACE COVERING WHEN YOU ARE NOT IN A BOAT.**
- **DO NOT SHAKE HANDS OR ENGAGE IN ANY UNNECESSARY PHYSICAL CONTACT.**
- **MAINTAIN MINIMUM OF 6 FEET SOCIAL DISTANCING AT ALL TIMES WHILE ON LAND.** This means only two people at a time in the front of the boathouse and 2 people in the back. Be mindful of social distancing on the ramp, the dock, and the area where we generally stage/clean our boats. Place slings and boats far enough apart to respect this. Better, when possible, use spaces in front of the main bay, K-bay and I-bay as well as the front and back of H-bay.
- **Only singles may be used.** Doubles will not go out unless they are occupied by two people who share the same household. Quads not even a thought now unless an entire rowing family or 4 rowers who live with each other manifested. :)

Upon arrival at DSC

- If you arrive early for your designated time, wait in your car or elsewhere in the parking lot where you are distanced from others.
- **Sanitize your hands BEFORE arriving at the check-in station in the front of the main DSC bay where you will be signed in and asked about self-monitoring.** We will have sanitizer on hand, but we encourage you to bring your own.
- **Plan on bringing minimal “stuff” with you.** Leave your duffle bag/canvas bag at home or locked out of sight in your car. You may bring your car keys, a filled water bottle (pls put your name on it) and a small waterproof bag (or similar) that has only the things you need in your boat - e.g. your cell phone, sun glasses, sun protection and your own filled water bottle. Consider bringing a baggy to put your mask in once you are in your boat and can take it off. We also suggest a small washcloth or hand towel for your boat so that if you end up wiping your brow or otherwise touching your face once your hands are no longer clean, you can do so more safely. We will have a spot for you to leave car keys only in the erg bay. **EVERYTHING ELSE SHOULD BE LEFT IN YOUR CAR OR BROUGHT WITH YOU IN THE BOAT YOU ROW.**
- **Cleaning Towel/Rags:** Please bring your own cleaning rags/towels. If you do not have any to bring, we will supply you some on your first visit. We will ask you to take home dirty towels, clean them and if you are using DSC rags, please return them in a clear, plastic bag (for example, a newspaper or vegetable bag) the next time you come to the boathouse. Please mark your bag of towels with your name and leave it with your keys placed in the boathouse.
- **Drinking Water:** Unfortunately, our delivered water will NOT be available for our use. Fill your water bottle before you leave home. Be sure to bring enough so that you have some water left for after your row. Your name should be on your water bottle; please leave it at the front gate. Do not bring it into the boathouse. Do not forget to pick it up as you leave.

- **Face Covering:** Please put your face covering on before you cross through the gate ON YOUR WAY TO AND FROM THE BOATHOUSE.
- **Bathrooms:** The marina has locked bathrooms which we are allowed. Let us know if you need access. The park bathrooms are NOT open.

Getting your boat

- Take your **oars** out first and leave them next to the sling waiting for your boat. We will keep the dock as free as possible so that people launching and docking can do so as quickly as possible. Please put your oars, seat pad, water bottle and anything else you have for the boat in one spot, again so you can get off the dock expediently.
- **Slings:** If you have your own slings, please mark your name on them. Bring them out with your oars. In order to expedite launching and minimize people on the dock, we will fold them up if required and place them inside the gate. (If the dock is not busy and you can maintain proper distance, you will be welcome to store your slings yourself.) If you are using DSC slings, we will put them in the staging area for your use. If we have not disinfected them once we put them out, please use disinfectant (alcohol spray or Lysol wipes) on all touch-points before you get your boat.
- Oars and all touch-point on boats (gunwales, oar gates & knobs, foot stretchers, seat, wing nuts, etc) belonging to DSC and shared with others should also be disinfected before use. Use alcohol spray or Lysol wipes.
- In order to respect distancing guidelines only 2 people should be in I-bay, K-bay and the erg bay at any one time. Four people can be accommodated in the double bays in the H building if they appropriately distanced. It is not possible for two people to be taking a boat out of the back of the bay and two more to be simultaneously taking a boat out of the front of the bay and respect the minimum distance. So only one boat may be taken out at a time from the bigger bays as well as from the smaller bays.

Launching

- Max # of boats on the dock at a time (if you are not from the same household) will be two singles – using the two ends of the dock on opposite sides. At the discretion of the dock attendant, 3 boats may be safely put out if the tide permits.
- You will need to have a timepiece in your boat - you are responsible to return to the dock on time so as not to hold up others launching or docking after you.
- Launch your boat quickly so as not to hold up others. You can strap/tie your shoes and adjust your foot stretcher on the water. This is a great practice to learn, especially for those who compete where you are expected to get off the dock within 90 sec of entering your boat.
- If you require support to safely enter your boat/launch: this contact must be only momentary, both individuals must be wearing masks and as much distance as possible should be maintained while being assisted.

Rowing

- Do not row directly behind another rower. At least 15 feet of distance is recommended to avoid being in the other rower's slipstream.
- Initially we will not be doing organized rows until all land procedures are in place and running smoothly. Self-paced workouts will be suggested until then. Per USRowing recommendations and guidelines: Training should focus on a "get in, train, get out" approach, minimizing unnecessary contact.

Docking

- Put your mask on as soon as you are alongside the dock (or earlier if you are at ease to do so).
- If you need assistance docking: maintain as much distance as possible and be near each other only for a moment. You should apply your mask on the water before arriving at the dock and needing this assistance. Again, maintain as much distance as possible when making use of assistance.
- Take your boat to your own slings or a set of slings that has been designated for you. Then retrieve your oars.
- **Wash/sanitize hands.**
- Thoroughly wash your entire boat and oars with Simple Green or 7th Generation Detergent and wipe dry with your towels. Pay attention to all contact areas (oarlocks, shoe straps, foot stretcher wingnuts, inner area of boat, gunwales, decks, etc). Spray alcohol on touch points of your boat and then spray your oar handles with our bleach solution, let sit for 5 minutes, spray/rinse with clean water. Return boat and oars to their place.
- Please leave directly to minimize contact with others and to help everyone maintain physical distancing. As you leave, please use hand sanitizer at the gate/bay door. Please avoid gathering in groups on your way to your car.
- Please take the towels you used home with you and launder them.

Personnel to help as we initiate all these protocols

- We will need help in the following places until we achieve this new normal and feel comfortable in it:
 - Safety launch drivers
 - People who understand & know our protocol to help open bays and close (which will include disinfecting supplies in bays and touch points). This would include doing things like cleaning locks, handles, broom handles, speed coaches, tools, etc.
 - Dock Attendant: help manage the docks and the cleaning and safety processes

Instructions for Coaches/Coach Assistants/Land Assistants

- Wash/sanitize your hands as you arrive. Please bring gloves so that you can assist others with their equipment. You can spray alcohol on your gloves when moving from one piece of equipment to the next. (Presently we have alcohol spray to supply for this).
- First person to arrive: before doing anything else, disinfect with a Clorox wipe all entry locks, bay handles, light switches, outside of cleaning bottles/supplies and leave all doors open.
- If in a launch, disinfect all launch items - launch keys, locks, outside of the gas tank, throttle, dashboard, steering wheel, etc.
- If the dock needs to be swept, disinfect the broom handle(s) before and after use.
- Disinfect (using alcohol spray) all grab points on DSC slings and set them up as needed for each row. Owners of private slings may bring their slings out. Goal will be to provide one set of slings for each rower (both to launch & return).
- Set up all sanitation supplies:
 - Hand sanitizer on wooden box outside of main DSC bay and at entrances to H, I, K bay as well as gate.
 - Prep bleach solution for spray bottles and set out on the landing before the entrance to the dock next to sets of slings.
 - How to prep: 6.4 ozs bleach to 64 oz (½ gallon) of water
 - Note re: bleach solution good for only 24 hours.
- Put alcohol spray, Clorox and Lysol wipes out on sanitation station to be carried out to landing for cleaning boat touch points when needed.

While rowers are on the water

- Coach: provide surveillance of all sculls on the water and help rowers maintain traffic pattern as needed, alert them to obstacles, provide mechanical and rescue assistance if needed and help rowers return on time. Technical coaching can be provided if time allows; however, put on face covering before approaching a rower.
- Land Assistants: help in coordinating launching of arriving rowers and docking of returning rowers so that launching/docking done efficiently and everyone maintains distancing. Ensure the equipment is disinfected after each use:

At the end of day/closing up (get your gloves on!)

- Remove everything from launch and disinfect all before you put it in the boathouse.
- Disinfect all cleaning supplies and slings and bring into the boathouse.
- Empty all chlorine solutions from spray bottles/pails and rinse out empty containers to minimize bleach damage.
- As you leave, grab a Clorox/Lysol/alcohol wipe and clean all light switches, locks and handles as you close up, including the gate lock at the fence.