

# Cleveland Rowing Foundation

## 2021 Indoor Erging Re-Opening Procedures

### Phase III Addendum Effective February 8, 2021

**Overview** – This document serves as an **addendum** to Phase III COVID-19 Reopening Procedures to **specifically address indoor erging in 2021**. Under Phase III in the Fall of 2020, CRF expanded rowing to **pairs, doubles, quads, and bow-loaded fours for non-cohabitating individuals**. Phase III also included required self-reporting for confirmed COVID-19 cases to protect other boathouse users. Note, that Phase I and II protocols (appended to this document), continue to be in place, and are applicable for all persons utilizing CRF facilities, including restrictions on bathroom access/use.

#### 1. Erg Use Locations:

- a. Main Bay: 9 ergs per bay. Spacing denoted with blue painters tape - ergs should be placed on blue tape markers to ensure they're being used at least 12-feet apart per USRowing recommendation. Ergs should not be moved from the painters tape. Rowers should always start at the back of the boathouse (nearest the bay doors) to maintain distance from boathouse traffic near lobby. Bays 1 and 5 will be used first, 2 and 4 second, and 3 last. A schedule will be provided to allocate each team's bay(s) assignment daily.
  - b. Erg Room: 12 ergs are set up with 6 facing the opposite direction, also using blue tape to mark the position of the ergs.
  - c. Outdoor: In dry weather, ergs may also be used on the apron between the river and boathouse if they are spaced at least 12 feet apart and permission requested of/approved by the executive director.
- Ergs may only be used in the places designated above. Face masks are recommended, but optional while on the erg. Once a user steps away from the erg, a mask must be worn. Coaches must continue to wear masks at all times. Ergs must be cleaned before and after use – cleaning supplies will be provided for each bay. (Instructions on proper erg sterilization is posted at each cleaning station.)
  - When possible, open bay doors to increase ventilation.

#### 2. Air Filters:

- a. HEPA air filters are to remain on at all times during erg use in addition to 2 hours post erg session.

#### 3. Reservations:

- a. All erg sessions will be approved by the Executive Director and entered into the iCrew app. Each member organization is responsible for maintaining daily records of each athlete in attendance who is using the boathouse and when, in case contact-tracing is necessary.
- b. Each member organization must designate a head coach, or safety qualified person, to the Executive Director to be the point of contact for all erg sessions.