

Cleveland Rowing Foundation

Phase IV COVID-19 Re-Opening Procedures

Overview – Building on the success of Phase III, CRF announces plans to expand rowing for all sweep shells effective **Monday, March 8, 2021**. Under Phase IV, CRF will expand rowing to stern-loaded fours and eights for non-cohabitating individuals. Note, Phase I-III protocols (appended to this document), continue to be in place unless otherwise noted in Phase IV, and are applicable for all persons utilizing CRF facilities.

Purpose – Outline a phase for member organizations to return to on the water practice sessions in large boats. This phase includes many guidelines and best practices which will need to be met first to move to Phase IV.

Due to the current COVID pandemic, the CRF is enacting additional safety measures to ensure the safety of all athletes, coaches, and staff. These guidelines are temporary and will be updated as needed based on state and local guidance. CRF is currently following State of Ohio guidance. CRF is also tracking the Local Infection Rate and will use the ratio as another gage for when it is safe to return to large boat rowing.

Guidelines for a safe return to sweep rowing:

- All rowers and coaches will continue to be instructed to stay home from practice if they have any COVID symptoms or have been around/near anyone who has been sick. All rowers will perform a symptom check prior to coming to CRF and attending practice.
- CRF recommends personal items remain in the individuals' vehicle or be brought in the boat with them, not stored in the boathouse.
- Rowers will always wear a mask while on land. Rowers will keep their mask on their person while on the water and CRF strongly recommends wearing a face shield or mask while on the water. **Coxswains in stern-coxed boats will always wear a well-fitted face mask (or a surgical mask) as well as wrap-around eye protection while on the water.** Per Responsible RestartOhio Youth, Collegiate, Amateur, Club and Professional Sports “*players must wear face coverings when not on the field or court of play, except for one of the reasons stated in the Director’s Order for Facial Coverings throughout the State of Ohio signed July 23, 2020*”.
- Each program will operate with a “Get in, get out” mentality. Rowers will remain outside unless storing belongings, accessing equipment, or using the bathroom (showers will remain closed).
- Individual crews will remain outside the boathouse for warm-ups and stretches. Pre- and post-practice meetings will be separated by crew outside.
- **Only** rowers and necessary staff should be present during trainings.
- Crews will be assigned shells and oars by their member organization head coach or program head.

- Practice times for all member organizations will be staggered in order to minimize the number of people onsite at any given time. This will also apply to teams with separate varsity, JV, and novice squads.
- All equipment (boats, oars, etc.) must be washed/sanitized after every practice (see document that outlines/washing sterilization process).
- A daily log must be kept by the Head Coach that lists lineups, coaching assignments, equipment used, and oars. A copy of each log must be submitted to the Executive Director weekly for contact tracing purposes. If a weekly log is not submitted, your program will be reported to the Safety Committee for suspension.
- When training in any boat that is not a single (8+, 4+/-, etc.) or not from the same household, CRF recommends the following:
 - Row in groups of no more than 10 people (nine athletes and one coach).
 - All participants should row in the same group each day and not cross over to different groups to limit cross-group exposure.
 - Rowers may not switch out during on water practice sessions or switch seats within the shell unless there is an emergency.
 - Shells and oars must be sanitized in between use and before a new crew enters a shell.
 - If possible, CRF suggests an oar be assigned to each rower for the season.
 - Each shell within a program will be classified as an independent “pod”. Each pod of rowers, including coxswain if applicable, must be documented daily. If an organization chooses to not have the same rowers and/or coxswain in the same boat for each practice, the entire organization risks being shutdown for up to 10 days if a rower tests positive.
- Team boats that are not from the same household, per USRowing, in accordance with updated USOPC guidance, recommends using the [Harvard Global Health Institute](#) website as a resource to make informed decisions to return to rowing team boats.
- Coaches must wear masks except when in a launch by themselves. Up to one additional coach, trainee, or athlete may ride along in the coaching launch. If two individuals are in a launch, both are required to wear a mask and remain three feet apart. Coaches will be responsible for wiping down/sterilizing their launch and the shared equipment in it, such as a first aid kit, when done with each practice.
- If wearing masks while training in team boats, CRF suggests that coaches carry at least one extra mask per athlete, so wet masks can quickly be replaced.
- Vaccinations are not a substitute for these guidelines. All individuals who have been vaccinated for COVID should continue to follow these guidelines including wearing masks and maintaining proper physical/social distancing.
- A rower or coach who receives a positive COVID test, or has been in contact with someone who is COVID-positive, will be required to adhere to the Phase III COVID Exposure Response within the Cleveland Rowing Foundation Community guidelines and procedures.

Preventing Exposure at the Boathouse

- All rowers and coaches are required to perform a health assessment daily before leaving their home. Anyone meeting the indicators outlined below **is not permitted on boathouse property**:
 - Registered a temperature higher than 100 F
 - Has a cough or sore throat
 - Is experiencing shortness of breath
 - Is experiencing loss of taste or smell
 - Is experiencing a gastrointestinal upset
 - Has been in contact with anyone in the past 10 days who has tested positive for Covid-19
- All coaches are responsible for assessing their own health via the same health assessment prior to coming to the boathouse each day.
- All athletes will be checked for elevated temperature upon arrival at the boathouse by each individual member organization Head Coach or member organization's appointed designee.

If a rower **exhibits one or more symptoms commonly associated with COVID-19 while at the boathouse**:

- **Mandatory Reporting** – Any Member Organization participant who (a) tests positive or (b) has had close contact with a person diagnosed with COVID-19 (regardless of symptoms or no symptoms) must self-report to the team's head coach **and** contact Kirk Lang, CRF Executive Director, immediately. The head coach must provide Mr. Lang with the record of individuals with close contact. The individual must self-quarantine for 10 days, and provide documentation of a negative COVID-19 test to the Head Coach and Mr. Lang before returning to CRF premises. The individual additionally must provide the Head Coach with a doctor's note indicating they are cleared to resume participation in training.
- **You Test Positive with Symptoms**: For individuals who tested positive for COVID-19 and had symptoms; they should isolate for at least 10 days since symptoms first appeared and at least 24 hours with no fever without fever-reducing medication and other symptoms are improving. See the following site for more details: [CDC Isolation Guidelines](#)
- **You Test Positive with NO Symptoms**: For individuals who tested positive for COVID-19 but had no symptoms, and continue to have no symptoms, you can return after a 10-day waiting period since you had your positive test. If you DO develop symptoms after testing positive, follow the "positive test" guidance above. See the following site for more details: [CDC Isolation Guidelines](#)
- **You Have Close Contact with Someone who Tested Positive**: Those with close contact of a currently positive COVID-19 person should self-quarantine for 10 days. Close contact is defined as those who were less than six feet apart for a total of 15 minutes or more, you provided care at home to someone who is sick with COVID-19, you had direct physical contact with the person, you shared eating or drinking utensils, they sneezed, coughed, or somehow got respiratory

droplets on you. See the following site for more details: [CDC Possible Exposure Quarantine Guidelines](#)

- CRF may have a limited shutdown after a COVID-19 positive individual was at the premises to clean any equipment or areas which may have been compromised that are not already being disinfected appropriately. At that point, the CRF site will resume normal operations.
- Depending on the exposure or area of exposure, only partial or entire Member Organizations may be subject to shut down for a period of time, to be determined by the Safety Committee, in order to clean any equipment or areas which may have been compromised.
- Traveling to Restricted States - Participants who travel to states listed on the Ohio Department of Health's COVID-19 Travel Advisory must self-quarantine for 10 days before returning to CRF premises.

Additional References:

[CDC COVID-19](#) Symptom List, Self-Check Assessment Tool, and other Resources

[CDC COVID-19](#) Isolate if You Are Sick Guidelines

[CDC COVID-19](#) When to Quarantine Guidelines

[CDC COVID-19](#) Exposure Best Practices

Contact Tracing:

Local or County Health Departments are generally responsible for contact tracing in the event of a positive COVID-19 test. However, depending on their workloads, it may take several days. Therefore, CRF has developed its own internal contact tracing, should we become aware that a member of our community tests positive for COVID-19.

If someone at the boathouse (athlete, coach, or staff) tests positive for COVID-19 or is highly likely to have COVID-19 based on their symptoms and has been on site within the preceding 10 days, CRF will make every effort to trace and identify the **Close Contacts**, notify them (or their parents if a minor) and require them to immediately quarantine for 10 days beginning with the most recent date of exposure.

If the person thought to have COVID-19 subsequently tests negative, then all **Close Contacts** can be immediately released from quarantine. Shell assignment records are required for each member organization to keep up to a month and will be strictly adhered to in order to aid in quick contact tracing.

Communication:

Each case, or possible case, of COVID-19 or COVID-19 exposure on site will have unique elements. In the spirit of transparency, while respecting individual privacy and HIPAA, each positive case will be communicated in accordance with the State of Ohio Department of Health requirements to all member organization heads.

Cleveland Rowing Foundation

Phase III COVID-19 Re-Opening Procedures

Overview – Building on the success of Phase II, CRF announces the Phase III expansion of rowing operations effective Tuesday, September 29, 2020. Under Phase III, CRF expands rowing to **pairs, doubles, quads, and bow-loaded fours for non-cohabitating individuals**. Phase III also includes required self-reporting for confirmed COVID-19 cases in order 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.

Phase III Requirements

Maintaining Compliance with ODH - The determination of whether rowing will be permitted for pairs, doubles, quads, and bow-loaded fours for non-cohabitating individuals each day will be determined utilizing the Ohio Public Health Advisory System (<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/public-health-advisory-system/>).

CRF strongly recommends that Member Organizations expand rowing operations only if the number of new COVID-19 cases per capita for each of the counties of Cuyahoga, Lake, Geauga and Loraine is less than 50 per 100,000 for the prior two weeks, pursuant to USRowing's Re-Opening Considerations issued on July 28, 2020.

County Escalation to Level 4 Public Emergency Status - Should Cuyahoga County move to a Level 4 (Purple) and/or if the infection rate exceeds the USRA Standards, all organized rowing activities will cease. Specific Attention to ODH August 28 Order - Member Organizations shall review and comply at all times with the Ohio Department of Health Director's First Amended Order that provides Mandatory Requirements for Youth, Collegiate, Amateur, Club and Professional Sports, as issued on August 28, 2020 (<https://coronavirus.ohio.gov/static/publicorders/DO-Sports-First-Amended-08.28.20-Reader.pdf>).

Practice Limitations - Practice limited to once per day for a maximum of 90 minutes of on water activity or two hours on the premises.

Increased Allowed Shells - During hours of operation, pairs, doubles, quads, and bow-loaded fours of non-cohabitating individuals may row. Social distancing must be maintained before and after on-water activity but is not required while on the water.

Bow-Coxed 4's or Quads 4-/4X, because they have no cox or the cox is at the front of the shell where they are not in a location where they can be affected by rowers' exhalation/breath, are subject to the following additional requirements:

- A. All coaches and coxswains must wear masks at all times on the boathouse property. CRF strongly recommends that all rowers in the shell wear a mask during the entire on-water session.
- B. If possible, athletes should row in the same shell, with the same oars, and in the same line-up as often as possible (except the coxswain). Coaches must keep records of line-ups in case contact tracing is necessary.

Practices will get as close as possible to creating a “household” like group of athletes designed to reduce the chance of exposure and transmission between the athletes and other groups/families etc.

CRF will work with Member Organizations to coordinate training times that minimize the number of rowers on site at any given time.

COVID Exposure Response within the Cleveland Rowing Foundation Community

Mandatory Reporting – Any Member Organization participant who (a) tests positive or (b) has had Close Contact with a person diagnosed with COVID-19 (regardless of symptoms or no symptoms) must self-report to the team’s head coach **and** contact Kirk Lang, CRF Executive Director immediately. The head coach must provide Mr. Lang with the record of individuals with close contact. The individual must self-quarantine for 14 days, and provide documentation of a negative COVID-19 test to the Head Coach and Mr. Lang before returning to CRF premises. The individual additionally must provide the Head Coach with a doctor’s note indicating they are cleared to resume participation in training.

Depending on the exposure, partial or entire Member Organizations may be subject to shut down for a period of time in order to clean any equipment or areas which may have been compromised.

Traveling to Restricted States - Participants who travel to states listed on the Ohio Department of Health’s COVID-19 Travel Advisory must self-quarantine for 14 days before returning to CRF premises.

Key Definitions and Excerpts from References:

CDC Guidelines on Close Contact

“Close Contact” means any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated.

USRowing Guidance (as of 7/9/20)

USRowing continues to recommend NOT rowing in eights, or in other team boats where boatmates are not from the same household, due to the possibility of the transmission of the disease through respiratory signature. A respiratory signature is the footprint we leave in the air each time we expel air from our lungs through our nose and/or mouth. This footprint increases during exercise.

Nothing is “zero” risk and there is no predicting the change in viral patterns. Recommendations for one location may not be appropriate for a different area. It is important to be nimble and be able to adjust your training guidelines as local trends change.

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.

Overview – Building on the success of Phase I, CRF announces the Phase II expansion of rowing operations effective **June 5, 2020**. Under Phase II, launch use is permitted for CRF coaching-certified persons. Note that Phase I protocols (appended to this document), continue to be in place, and are applicable for all persons at CRF, now including those operating launches (e.g. self-assessments required prior to arriving at the boathouse, face masks worn at all times when not on the water, etc.).

New Operating Hours:

- Sunrise - 11:00 a.m.
- 12:00 p.m. - 3:00 p.m. and
- 4:00 p.m. - Sunset

Increased Number of Reservation Slots

The number of 15-minute reservation slots is increased from 6 to 10, permitting increased traffic at the boathouse.

Launch Cleaning – The orange utility boxes Coaches bring to the launch contain a spray bottle of disinfectant solution. After an on-water session, the Coach must spray all parts of the launch contacted, including:

- Steering wheel
- Rope
- Throttle
- Seat
- Orange box handle

Launch Capacity – Because social distancing cannot be maintained with passengers on a launch, absent an emergency (e.g. water rescue), only one Coach may be present on a launch at any given time. Only wakeless launches are available.

PFDs and Radios – CRF recommends that Coaches supply their own radios and/or PFDs. All equipment must be sterilized between use.

Gas Shed – CRF staff will maintain gas in wakeless launches, however a spray bottle is available next to gas shed.

Post-Workout Talk – Post-workout talks may only be conducted while all parties comply with 6-foot social distancing and are wearing masks. Talks must be brief.

Cleveland Rowing Foundation

Phase I COVID-19 Re-Opening Procedures Effective May 26, 2020

Overview – As we enter Phase I re-opening at CRF, our first priority remains membership safety. The Board of Directors has developed these procedures to follow current government orders and in consideration of USRowing recommendations. These procedures are subject to change at any time at CRF Board of Director discretion. Failure to comply may result in immediate suspension of rowing privileges, pending the outcome of a formal investigation. Violations may result in the partial or complete loss of privileges, without refund of fees, dues, or assessments.

Under Phase I, rowing activities resume for certain independent boats **on May 26, 2020**, with boathouse access and operations designed to support social distancing and enhanced cleaning measures. The success of Phase I depends on the cooperation of the boathouse community and will determine the potential to expand rowing opportunities as part of a Phase II plan.

Self-Assessments - Self-assess before coming to the boathouse. Stay home if:

- You have a temperature of 100.4°F/38°C or higher,
- You feel ill,
- You have been ill in the past 14 days,
- You have returned from outside the state within 14 days, or
- You have had contact with a person in the last 14 days who has had COVID-19.

If you become ill within a week of rowing at CRF, notify Executive Director Kirk Lang at clevelandrowing@gmail.com for the benefit of the community.

Hours of Operation – CRF is cleaning the premises multiple times per day, with specific attention to high-touch surfaces. To ensure completion of those tasks, the boathouse has hours of operation (including weekends) limited to:

Sunrise – 11:00 a.m. & 4:00 p.m. – Sunset

Allowed Persons & Boats – During hours of operation, **singles** may row, as well as **pairs, doubles, and quads of cohabitating rowers**. Per current USRowing recommendations, no team boats are allowed. Non-rowers and guests are not permitted on the premises.

Rowers must be safety-certified and permitted by their respective Member Organizations to be on the water. Prior to rowing, all rack and membership fees must be paid, and a signed waiver must be submitted to CRF.

Individuals classified by the CDC as “at risk” should consider staying at home.

Restricted Areas – To reduce the potential footprint for contamination, access to certain areas at CRF is reduced or eliminated.

For the sculling house, no more than four rowers may be inside at a time. One person per bay, unless two are required to carry a shell.

The large boathouse is to be accessed **only** to fill water bottles at the no-touch water fountain or to use the restrooms located below the kitchen. Restrooms are to be used at your own risk, with no more than one person in at a time.

No access will be permitted to the following areas:

- Weight room,
- Erg room,
- Showers/locker rooms,
- Stretching area near the front glass door,
- Large-boat bays,
- Kitchen, and
- Conference room.

Shell Sign-in/Sign-Out – CRF’s standard boat sign-in/sign-out procedures are suspended. Instead, you **must** reserve a timeslot to row with the **iCrew Rowing app** (in addition to any *equipment* reservation your Member Organization may requires). If you arrive early, wait in your car. Boats must also be signed in at the end of your row using iCrew. Blocks will be made available in 2-hour blocks. Plan for 30 minutes of that block to be dedicated for launch prep and return shell cleaning.

Efficiency – Once you are at the boathouse, your philosophy should be: “**Get in, train, get out.**” Do not risk your safety or that of your fellow rowers.

Face Masks – Face masks must be worn **at all times** when you are not on the water. Remember to bring a plastic bag to keep your mask dry while you row.

Hand Sanitizer – CRF will supply hand sanitizer, however members are encouraged to supply their own to ensure adequate availability.

Ramps – Both ramps are in use, but for one-way traffic only. Use the upstream ramp to access the dock, and the downstream ramp to return to land. Maintain social distancing with other rowers on the dock. Absent freighter traffic, only six boats may be on the dock at a time.

Soft Close – Soft close the boathouse if necessary. Disposable gloves and disinfectant spray will be available at the door.

Returning to the Dock – Prior to docking, don your mask. Resume social distancing on the dock and when putting your boat in slings to be cleaned.

Equipment Cleaning – All equipment must be cleaned after **every** row. Wash and dry your **oars**, the **shell**, and the **slings**.

CRF will provide soap and buckets. Rowers must provide their own towels and sponges, taking them home after each use. You may **not** bring bleach products if you choose to supply your own cleaner. Please be thorough but efficient.

Equipment Maintenance – Maintenance work (e.g. repairing, painting, or sanding) of shells or oars may only be conducted outside with adequate spacing for social distancing. Maintenance may only be performed on singles, doubles, pairs, or quads. Only private slings may be used.

Personal Property – *All items other than shells and oars (e.g. roof racks, hats, mirrors, etc.) must be removed from the sculling house prior to May 31, or they will be placed outside.* If you need to access any restricted areas of the large boathouse to remove personal property, you must first contact Kirk Lang for access (and to ensure those areas are then cleaned, as necessary). No bikes may be stored in the boathouse, however the bike rack outside at the back of the large boathouse will remain open for use.