

CLEVELAND ROWING FOUNDATION

2022 Indoor Erging Re-Opening Procedures Effective Monday, January 10, 2022

Overview – This document serves as an addendum to Phase III COVID-19 Reopening Procedures to specifically address *INDOOR ERGING ONLY* in 2022.

1. Erg Use Locations:

- a. Main Bay: 10 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 6-feet apart. Ergs should not be moved from the painter's tape. Rowers should always start at the back of the boathouse (nearest the bay doors) to maintain distance from boathouse traffic near lobby. Bays 2 and 4 will be used first, and 3 second. A schedule will be provided to allocate each team's bay(s) assignment daily.
 - b. Erg Room: 18 ergs are set up with 9 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 6 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.)

2. NEW 2022 Requirements:

- All members must be vaccinated (boosted if more than six months since last vaccination) and submit proof of vaccination/booster with signed 2022 waiver (to include COVID language); exception scholastic programs where coaches are prohibited by the school from asking for proof.
- Each program must row together; programs may not intermix
- Only one program may utilize the erg/weight room in the morning and evening session
- Each program is responsible for thorough cleaning of ergs after each practice
- Bay doors must be open partially to allow ventilation during practice
- Each organization is responsible for opening and closing/securing the boathouse

3. Close Contact/Exposure to COVID-positive individual:

- Notify your coach immediately
- Stay away from the Boathouse for 5 days following date of known exposure
- Obtain a negative COVID test result no earlier than day 5 and before returning to the Boathouse, or stay away from the Boathouse for 10 days
- Be symptom free of COVID

4. Positive COVID Test Result Guidelines:

- Notify your coach immediately
- Stay away from the Boathouse for 10 days following date of positive test result
- Be symptom free of COVID before returning to the Boathouse

Failure to comply results in suspension of privileges for the member organization – time of suspension TBD by Safety Committee