

Cleveland Rowing Foundation

Phase V COVID-19 Re-Opening Procedures

Overview – Updated guidance from the CDC now confirms that **fully vaccinated individuals are unlikely to get infected with COVID-19 and are also unlikely to infect others even if infected.** As a result, CDC advises that **fully vaccinated individuals may resume all activities without wearing masks or physically distancing**, and do not need to be tested or self-quarantine if exposed to someone who has tested positive for COVID-19, unless symptomatic. CDC guidelines specifically reference the ability to safely participate in indoor, high intensity exercise classes. ([Interim Public Health Recommendations for Fully Vaccinated People | CDC; choosingSaferAct.pdf \(cdc.gov\)](#))

The Governor of Ohio has announced that **essentially all COVID-19 restrictions will be canceled effective Wednesday, June 2** (except for health care facilities, nursing homes and prisons), as Ohio continues to demonstrate progressive declines in COVID-19 incidence (82.3 cases per 100,000 this week, down from 97.1 cases per 100,000 last week), as well as progressive declines in hospitalizations and deaths. 45% of Ohioans have received at least one COVID-19 vaccination (a proportion which continues to increase with the Governor's incentive programs).

It is important to realize that there is **no guarantee** of not contracting COVID-19, even if fully vaccinated. The decline in incidence of COVID-19 and increasing vaccination rates have resulted in an assessment by CDC and the State of Ohio that it is **relatively safe** to relax COVID-19 restrictions and resume pre-COVID activities. Individuals should still use their own judgment regarding their own health and safety.

Based on these updated guidelines, CRF is pleased to announce **resumption of essentially all normal (i.e., pre-COVID) boathouse and rowing activities for fully vaccinated individuals, without restriction or limitation, effective Wednesday, June 2nd, 2021.** However, individuals who are not fully vaccinated are encouraged to continue to practice current safety protocols of wearing a mask in and around the boathouse, and to practice social distancing, although this is primarily for their own safety and those around them who are not fully vaccinated. It is anticipated, and appropriate, for fully vaccinated individuals who have underlying health conditions which might reduce their immune system functioning to choose to continue to wear a mask and socially distance, as well as others who feel more comfortable and/or safer doing so. Environmental precautions, such as frequent handwashing/use of hand sanitizer and regular boathouse/equipment disinfecting will continue.

It should be noted that both CDC and the Governor indicate that **ongoing monitoring of COVID-19 incidence**, particularly of COVID-19 variants, **is necessary and may warrant resumption of certain safety restrictions.** CRF will continue to monitor CDC and State communications in this regard and will promptly communicate any such changes impacting boathouse and rowing operations.

Guidelines for a return to normalized rowing:

- **All rowers and coaches** will continue to be instructed to not come to the boathouse if they have any COVID symptoms (e.g., fever, cough, shortness of breath), until asymptomatic for at least

24 hours. All rowers and coaches will perform a symptom check prior to coming to the boathouse.

- **Fully vaccinated rowers and coaches** (defined as ≥ 2 weeks after receiving their 2nd dose of the Pfizer or Moderna vaccine, or ≥ 2 weeks after receiving a dose of the J&J vaccine) **no longer need to wear a mask or practice social distancing in and around the boathouse**, including team meetings, erg/exercise equipment workouts, and use of the bathrooms and locker rooms. However, voluntary continuing use of masks and social distancing for those individuals with compromised immune systems, or those who feel safer/more comfortable doing so is considered appropriate and is supported.
- **Fully vaccinated rowers and coaches** do not need to report exposure to individuals who have tested positive for COVID-19, do not need to get tested, or to self-quarantine, **as long as they are asymptomatic**. If symptomatic, they must self-quarantine for at least 10 days and be symptom-free for at least 24 hours before returning to the boathouse.
- **All non-vaccinated individuals** are asked and **encouraged to continue to wear a mask** while in and around the boathouse, although this is primarily for their own protection. These individuals are strongly encouraged to get vaccinated promptly, for the safety of all.
- **All non-vaccinated individuals** are **still required to report** to their Member Organization Head Coach and Kirk Lang, CRF Executive Director, **if they have tested positive for COVID-19 or have been in close contact with an individual who has tested positive for COVID-19**. Close contact is defined as being less than six feet apart for a total of 15 minutes or more, providing care at home to someone who is sick with COVID-19, having direct physical contact with the person, sharing eating or drinking utensils, or being sneezed or coughed on. Non-vaccinated individuals in this situation **must self-quarantine for 10 days and be symptom-free for at least 24 hours and provide a doctor's release to resume participation in training/rowing activities** (due to risk of myocarditis which could be aggravated by vigorous exercise).
- **Contact tracing will no longer be required.**
- **All equipment** (shoes/seats of boats, oar handles, ergs, exercise equipment, mats, etc.) **must be sanitized after every use** using disinfectant provided by CRF.
- **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.
- **Showers must be disinfected after each use**, using disinfectant provided by CRF.
- **Shell Sign-in/Sign-Out** – CRF will continue utilizing iCrew for all independent scullers. All independent scullers must sign-out prior to launching and sign back in at the end of each row using iCrew. **All timeslot limits have been lifted.**