



RIVERSPORT™
FOUNDATION

COVID-19 Phase 4: Rowing Programs

Updated March 11, 2021

As put forth in Governor Kevin Stitt's Open Up and Recover Safely (OURS) Plan and the revised Proclamation of State of Emergency for the city issued by Mayor David Holt. Oklahoma continues to be in the Phase 3 of OURS Plan and RIVERSPORT as has also adopted a Phase 4.

All plans are subject to change based on emerging state, local and CDC guidelines and RIVERSPORT's ability to staff and operate activities appropriately.

Phase 4

RIVERSPORT MEMBERS

1. Required criteria for participation in open training sessions and/or coached sessions (includes members and staff)
 - a. No signs or symptoms of COVID-19 (Appendix 1) in the past 10 days
 - or**
 - b. Receive negative results for two (2) COVID-19 tests, taken at least 24 hours apart after possible known exposure or signs or symptoms of COVID-19 (Appendix 1)
 - i. If the person has had a case of documented COVID-19 infection, they need to wait a minimum of 7 days after symptoms have ended to participate, or receive negative results for two(2) COVID-19 tests, taken at least 24 hours apart.
 - ii. Upon arrival to train, staff will ask each member if they are experiencing any signs or symptoms of COVID-19 (Appendix 1)
 1. If the member has any signs or symptoms of COVID-19, they will be sent home and instructed to contact their healthcare provider
- b. Onsite infection prevention measures must be followed
 - i. Members will be required to use hand sanitizer both before and after rowing
 - ii. Members are encouraged to launch boats by themselves, but may request assistance from a RIVERSPORT staff member or one team member

iii. High touch surfaces such as hose, slings, desk, computer, etc., will be disinfected by RIVERSPORT staff

iv. A maximum of four (4) people are allowed to be in locker rooms at one time. The expectation is that locker room and bathroom use follows the “get in, get out” approach

c. Outdoor training sessions will take place whenever possible, where social distancing can be maintained

d. Indoor training sessions will take place whenever outdoor training is not possible, and members will maintain 12 feet distance from each other during exercise

i. Members are asked to minimize socializing at the boathouse

ii. Members must wear masks indoors at all times, except during exercise

2. Use of equipment during open training sessions

a. Team boats. RIVERSPORT is reintroducing the use of team boats with a three step approach to continue promoting public health. Members will be organized into “pods” during Phase 4 to continue to minimize the risk of widespread exposure. Pods are made up of no more than ten members who will be able to row together for two weeks. Pods can be changed by coaches or adult members at the end of each two-week period. Line-ups will be recorded for contact tracing. If someone in a pod becomes COVID-19 positive, all members who have rowed with that member within the previous 10 days will be asked to quarantine and/or test negative for COVID-19 before returning to the boathouse, following required criteria for participation in open training sessions (Section 1).

i. Two-person boats. Phase 4 reintroduces the use of two-person team boats effective immediately. USRowing recommends organizations use the following standards published by FISA, based on WHO recommendations, in order to resume rowing in team boats: Training in team boats may resume when the local infection rate is less than 50 new cases per 100,000 people in total for the last seven-day period in the county.

ii. Five-person boats. As of March 22, team boats will include 4-person and 5-person boats.

iii. Ten-person boats. As of March 29, team boats will include 9-person boats and the 10-person rowing barge.

iv. Boats will be spaced six or more feet apart on the dock and boat apron for cleaning

v. RIVERSPORT Boats will be cleaned with soap and water, inside and outside, after every use. Boats will be returned to their designated rack by the members.

b. Oars. Members will touch only their own or assigned oars and clean with soap and water after use.

c. Cleaning supplies. Buckets, soap, sponges and towels will be provided by RIVERSPORT. Before and after use of the water hose, members are expected to disinfect their hands.

3. Storage of personal items during training session

a. USRowing recommends that personal items remain in the individuals' vehicle or be brought in the boat with them, not stored in the boathouse.

b. Chesapeake entrance storage units must be wiped down with disinfectant before and after every use.

c. Lockers in the locker rooms will not be disinfected before and after every use. It is the responsibility of the user to clean before and after use.

RIVERSPORT STAFF PRECAUTIONS –

RIVERSPORT staff who have direct guest or member contact will be monitored for any emerging symptoms or exposure using an online screening waiver, including temperature check.

RIVERSPORT staff will wear face masks while inside Chesapeake and Devon Boathouses and when within 10 feet of another person outside. Staff will be required to use hand sanitizer before and after each member encounter.

RIVERSPORT staff will continue rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training. Staff will wear appropriate personal protective equipment (PPE) (i.e.: gloves, face mask, etc.) to prevent contact with contaminated surfaces and protect against toxicities associated with cleaning products.

RIVERSPORT staff will engage physically with members only if immediate safety is at risk. A safety launch will be ready for use during operating hours.

Appendix 1

Local COVID-19 Guidance

COVID-19 symptoms are:

- Fever
- Dry cough
- Shortness of breath, or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell