

CCR



CAPE COD ROWING

COVID SAFETY

Cape Cod Rowing, Inc. is dedicated to protecting the health and safety of our members during the COVID-19 pandemic and Post-Covid-19. The goal of this document is to outline an approach that minimizes exposure. The following is based on the guidelines provided by US Rowing, Massachusetts and local guidelines and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. As of April 19, 2021 Massachusetts reopening plan is in Phase IV Step 1. Crew or rowing is listed as a Moderate Risk Activity.

General Principles

1. All members must follow state and local rules and regulations set forth by the public health authorities including group size.
2. Training will focus on a “get in, train, get out” approach to minimize unnecessary contact.
3. Individuals must always maintain social distancing of at least 6 feet in all areas where social distancing is required.
4. Members may train in all club boats including 4X, 4+ and 8+ following the guidelines below.

General Guidelines

1. Masks must be worn in and around the shed(s), boat racks and launching areas. Rowers in singles and pod doubles may remove their mask when out on the water. All others in club boats must wear masks at all times.
2. All members and coaches must sanitize their hands upon arrival.
3. Disinfectant materials will be available to wipe down commonly touched surfaces as needed.
4. No personal items, with the exception of car keys, may be stored in the shed. Personal items must remain in the member’s vehicle or brought into the boat with them.
5. A signup system will be in place to reserve boats at specific times to manage the number of individuals onsite at one time.
6. No trash, including wipes, paper towels and masks, may be left in the shed or on the premises. Trash may be discarded in the town barrels in the parking area, when available, or taken with you.
7. The shed must remain locked while rowers are out on the lake.

Member Health Monitoring

1. Any member or coach who is a close contact of a known Covid-19 case must self report to our Program Coordinator, Heather Colbath at CCRowingInfo@gmail.com, must quarantine for 10 days, and may return day 11 if they have been symptom free for at least 24 hours.
2. All members must self monitor for symptoms of Covid-19 daily.
3. If a member feels sick, they must not come to the club facilities and should seek medical attention.
4. Any member who has had a documented case of Covid-19 must self-report to our Program Coordinator, Heather Colbath, and agree to contact tracing within the club. A member may return to practice with a negative Covid-19 test or 10 days after the positive test or symptoms first appeared.
5. Members assume all risk of becoming ill with Covid-19 when using the clubs' facilities.

Outdoor Facility Use

1. CCR must follow state and local guidelines pertaining to public waterways and beaches.
2. Members should use their own equipment when possible.
3. When launching/landing, social distancing must be maintained. Multiple boats can be allowed to launch only if proper social distancing requirements are met.