

## **Quarantine Rules for Rowers:**

1. **Waivers:** Signed Covid-19/Infectious Disease waivers must be on file with the Rowing Director to use the Rowing Center including the use of private equipment.
2. **On Arrival:** Temperatures will be taken by coaches. Please wash your hands according to CDC protocol when you arrive at the rowing center. There is soap and hand sanitizer available in the rowing center.
3. **Masks:** Masks are strongly recommended on the grounds of the Rowing Center and required inside the Field House. Masks protect the people around you more than they protect you. Please show you care about your teammates by wearing masks any time you are able. This can be a mask, scarf, shawl or other kind of fabric. Masks are not required while in a boat. Those with valid medical reasons for not wearing a mask will not be required to do so. Masks do not replace need for social distancing.
4. **Social Distancing:** Social distancing is required inside and outside at the Rowing Center. Individuals must keep 6 feet away from each other at all times unless spotting someone in the Gym.
5. **Field House Building:** Masks are required inside the Field House. Please limit your time in the building to essential things such as filling water or using the bathrooms. Use of the kitchen is allowed but please wipe down all counters/items that are used. Use of the Gym and Erg room are also allowed under certain parameters outlined below.
6. **Gym:** No more than 5 people are to use the gym/weight room at once. Unless someone is spotting you during a weights set, please keep 6 feet apart at all times. Equipment is to be thoroughly cleaned before and after each use utilizing the spray bottles and cloths located in the Rowing Center. Clorox wipes and other cleaning supplies are also available. Masks do not need to be worn by individuals exercising as long as they are social distancing. Spotters and all others in weight room not exercising should wear masks as described above.
7. **Erg Room:** People must stay 6 feet apart at all times in the Erg Room. We encourage erging outside when possible; otherwise, ergs shall be set at 6 or more feet apart and

should not be moved. Equipment is to be thoroughly cleaned before and after each use utilizing the spray bottles and cloths located in the Rowing Center. Clorox wipes and other cleaning supplies are also available. Doors and windows should be opened when possible. Fans should not be used unless erging or biking alone. Masks should be worn as described above **except** while actually erging or biking.

8. Rowing: No more than 10 people boating from GAR at any one time. Groups of more than 10 are allowed on the water where social distancing is much easier. All boats on the water must be 1xs unless shared by people who are living together in which case 2x/- are permitted. Private 2x/-s may be rowed by people who are not living together if all signed waivers have been submitted and all parties agree, though this is not recommended.
9. Rowing equipment: Please clean all equipment before and after each use on the lake. This means hosing down boats, wiping down oar handles and shafts and using the provided Clorox wipes on the hose handles.
10. If you cough or sneeze and are not wearing a mask, cough/sneeze into a tissue or the inside of your elbow. Throw the tissue away immediately and wash your hands.
11. Leaving: We highly recommend you also wash your hands thoroughly before leaving the facility.
12. Stay home if you have a fever or any other signs of illness.

### **Additional Steps GAR is implementing to reduce health risks:**

1. Coaches will disinfect all rowing center door handles, light switches, faucets, bathroom surfaces, and other high contact areas upon arrival and departure each day of youth practice. When coaches aren't present and outside of youth practices, individuals must clean all touched surfaces.
2. Coaches will remind rowers to refrain from shaking hands, hugging, touching or other close contact upon arrival at youth practices.
3. No sharing of water bottles, food, beverages or clothing at any time.
4. Only one person per bathroom at all times.
5. No storage of personal items in the Field House. All personal items should be left in vehicles.
6. Signs will be posted in all areas of the Field House reminding individuals of the rules for each area.