RowLA Return to Practice Protocols During COVID-19, as of May 26, 2020

Based on current guidelines from USRowing, RowLA is adopting the following protocols to return to practice in small groups, in single sculls, only. Attending practice on the water is optional and the appropriate protocols must be strictly followed by all participants.

GUIDING PRINCIPLES
- Training should focus on a “get in, train, get out” approach, minimizing unnecessary contact.
- Individuals should always maintain social distancing of at least six (6) feet in all areas when social distancing is required. This includes coaches, athletes and staff.
- Training will be allowed in singles (1x) only in order to maintain proper social distancing when social distancing is recommended.
- No team boats (doubles, quads, etc.) will be allowed until social distancing guidelines are lifted due to the possibility of the transmission of the disease through respiratory signature. A respiratory signature is the footprint we leave in the air every time we expel air from our lungs through our nose and/or mouth. This can be anything from simply exhaling to talking, laughing, sneezing or coughing. At this time, USRowing does not recommend masks as a substitute for social distancing in order to row in team boats.

REQUIREMENTS
- Masks must always be worn in and around P77 and on the dock. Masks can be removed once on the water in a single boat but must be put back on when returning to the dock. If the County/State change regulations on mask wearing, RowLA will follow any and all such guidelines.
- Masks must be worn in addition to social distancing. Each athlete and coach will provide their own masks.
- Athlete, coach and staff health must be monitored at least daily (see below).
- All athletes, coaches and staff must sanitize or wash their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols regularly.
- Athletes should carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available.
- All personal items must remain in the individuals’ vehicle or be in an individual Ziplock storage bag in the oar cabinet.
- Athletes must bring their own water bottles filled with water to practice and not share water with anyone.
- Athletes may only come to practice at their assigned time.
- Any individual (athletes, coaches, and staff) returning to the P77 boat area or to a training environment needs to have been in the LA area for 14 days prior to coming to P77.
- Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to Michelle Nilsson if the rower was physically present at P77 within the prior 14 days, and the individual must self-quarantine for 14 days before returning.
- All individuals must self-monitor for symptoms of COVID-19 daily.
Each person must take their temperature daily and prior to arrival at P77 If their temperature is 100.4 degrees or over (per CDC guidelines), the person cannot come to P77.

RowLA Staff will use an Infared Thermometer to check each athletes’ temperature when they arrive to practice.

If someone feels sick, they should contact Head Coach Henrique Motta and not attend practice. The individual should reach out to his or her doctor for assistance.

If an individual has had a documented case of COVID-19, they will need a signed note from their doctor stating they are cleared to resume participation in training.

- Athletes, coaches and staff must arrive at the practice facility wearing a mask. Masks are to be worn when not engaged in practice activity.

**EQUIPMENT & FACILITY USE**

- The athlete should carry their specific oar set to and from the dock.
- All oars and equipment must be wiped down with disinfectant before and after use.
- When launching/landing, social distancing must be maintained.
- Any ergs will be spaced at least six (6) feet apart and must be wiped down with disinfectant before and after every use. **No exceptions.**
- Use of the bathrooms is for emergencies only. Athletes should come prepared to work out and leave the facility when finished. If the restroom must be used, only one person at a time can enter. All surfaces and handles must be wiped down with disinfectant and hands must be washed with soap for at least 20 seconds before leaving.
- When meeting with coaches, social distancing should be maintained. Masks should be worn by all parties.