

Bainbridge Island Rowing

Return to Rowing Plan



Document Change Tracking: Add another row to this table whenever changes are made to this document.

Date	Ver.	Author	Change Description
06/02/2020	1.0	Anthony Oddo	Initial draft
06/07/2020	1.1	Anthony Oddo	Revisions from on-water testing
06/08/2020	1.2	Anthony Oddo/Kris Kutchera	Additions of SPLRC (BIR Boathouse) Open/Close procedures
6/23/2020	1.3	Kris Kutchera	Revisions from on-water and Open/Close procedure testing, removed travel restriction
10/24/2020	2.0	Kris Kutchera	Updated based on new state guidance and revised procedures, added erging procedures and oar/erg handle cleaning procedures
11/8/2020	2.1	Kris Kutchera	Updated oar handling protocol based on practical aspects of launching from a beach
2/21/2021	3.0	Kris Kutchera	Updated based on latest Washington State Phase 2 of Reopening and USRowing guidance (COVID-19 symptoms, masks, boat size, group size, indoor erging procedures)

INTRODUCTION

A. Overview

The purpose of this BIR Return to Rowing Plan is to outline the safety protocols for the reopening of the BIR Boathouse and the resumption of coached rowing and training activities. It reinforces the responsibilities of BIR, members and guests to keep ourselves and our communities safe from the COVID-19 virus. It is based on input from USRowing, Washington State Health Department, and members of the BIR Board and community. Five core principals, adapted from USRowing, govern this document:

1. BIR and its athletes **must follow state and local rules and regulations set forth by the Kitsap County Public Health District and the Washington State Department of Health**. This document contains requirements for Phase 1 of Reopening*.
2. BIR training should focus on a **“get in, get out” approach**, minimizing unnecessary contact.
3. Individuals should **maintain social distancing of at least 6 feet** at all times. This includes coaches, athletes, volunteers, and visitors.
4. Individuals **must wear a properly fitting double-layer cloth or medical-grade mask except when alone in a boat**.
5. With permission, rowers will be given the option of rowing in boat sizes up to 5 people total. Rowers will be grouped into BIR PODs of up to 6 to mitigate risk and mix and match in different size boats. Rowing in a single will always be an option.

B. Procedures

This document contains guidance for return to rowing and training procedures. General guidance for COVID-19 safety can be found in the BIR COVID-19 Safety Plan.

C. Dissemination

A copy of this plan will be issued electronically to all BIR management, COVID monitors, coaches, and athletes. A copy will be available on the BIR website and inside the boathouse.

PROCEDURES FOR ROWING AND TRAINING WITH BIR – MASTERS & JUNIORS PROGRAMS

A. Eligibility for Participation

Before being eligible to participate in BIR rowing or training programs, a member or guest* must:

- Pay any applicable or outstanding membership dues and fees for the program
- Renew [US Rowing membership and waiver](#)
- Sign the following documents:
 - [BIR Waiver](#)
 - [BIR COVID-19 Waiver](#)
 - [BIR COVID-19 Boathouse User Responsibilities](#)
- Read this procedures document
- Be assigned membership into a ROWING POD with up to six athletes for scheduling purposes
- Attend an orientation session on COVID-19 safety procedures. This may be included in the first day of training.

No one may come to the boathouse or participate in BIR activities if he/she:

- Has any COVID-19 symptoms:
 - Fever (100.4 degrees or greater)
 - Chills
 - Sore throat
 - Headache
 - Cough
 - Congestion or runny nose
 - New loss of taste/smell
 - Shortness of breath or difficulty breathing
 - Muscle or body aches
 - Extreme fatigue
 - Diarrhea (2x in 24 hours)
 - Nausea or vomiting (2x in 24 hours)
- Had close contact (less than 6 feet for 15 minutes or more within a 24-hour period regardless of mask usage) with a confirmed or suspected case of COVID-19 in the past 14 days
- Had or likely had COVID-19 and have not been cleared by the BIR COVID supervisor

After out-of-state travel, individuals may not participate in BIR activities for 14 days OR for 7 days followed by a negative COVID-19 test.

If you feel ill or have close contact with a confirmed or suspected case of COVID-19, notify covid@bainbridgerowing.org.

If one individual in a boat is suspected or confirmed with COVID-19, the entire boat must stay home and follow the [CDC's recommendations for community exposure](#).

*Guests who row or train with BIR for less than a one-week duration in a given year are not required to become USRowing members or sign the USRowing waiver.

B. Pre-Boathouse Arrival

Prior to participating in BIR activities, all BIR athletes, coaches, and volunteers should complete the following steps:

- Take temperature and conduct a self-evaluation for any current COVID-19 symptoms
- Change into rowing gear
- Warm up and stretch
- Pack the following: (1) mask; (2) personal alcohol-based hand sanitizer; (3) pre-filled water bottle; and (4) shoes for erging (if needed). Note: If bringing additional items such as backpacks, hang on the rack just inside the boathouse.
- Confirm POD practice schedule for the day
- Wash hands with soap and water for at least 20 seconds**

C. Boathouse Arrival

Upon arrival at the boathouse athletes, coaches and volunteers should complete the following steps:

ROWER	COACH/VOLUNTEER
<ul style="list-style-type: none"><input type="checkbox"/> Put on your mask outside the boathouse<input type="checkbox"/> Arrive at assigned rowing time (wait in personal vehicle or in the park if early)<input type="checkbox"/> Access the boathouse via Waterfront Park at the Main Bay doors<input type="checkbox"/> Maintain 6’ distance at all times<input type="checkbox"/> Hang backpacks on the rack just inside the boathouse<input type="checkbox"/> Store cell phones/keys in a plastic bag in the storage container<input type="checkbox"/> Sanitize hands<input type="checkbox"/> Check-in with coach	<ul style="list-style-type: none"><input type="checkbox"/> Put on your mask outside the boathouse<input type="checkbox"/> Arrive 15 minutes prior to assigned start time at the boathouse<input type="checkbox"/> Leave all backpacks, purses, etc. in your personal vehicle<input type="checkbox"/> Sanitize hands<input type="checkbox"/> Set up apron with hose, slings, hand sanitizer, rag buckets, cell phone container, and shoe and backpack holders (optional).<input type="checkbox"/> Set up beach (optional) with slings, hand sanitizer and trash bag

D. Health Screening and Safety Briefing

Once at the boathouse athletes, coaches and volunteers should complete the following steps:

ROWER	COACH/VOLUNTEER
<ul style="list-style-type: none"> <input type="checkbox"/> Gather with POD athletes and maintain 6’ separation <input type="checkbox"/> Answer health screening questions <input type="checkbox"/> Follow COVID safety procedures <input type="checkbox"/> Understand daily training program 	<ul style="list-style-type: none"> <input type="checkbox"/> Gather POD athletes and maintain 6’ separation <input type="checkbox"/> Check in athletes, coaches and volunteers via iCrew <input type="checkbox"/> Conduct health screening of POD athletes, coaches and volunteers <input type="checkbox"/> Remind athletes of COVID safety (wear mask, social distance, wash/sanitize hands) <input type="checkbox"/> Provide overview of daily training program, launch direction, weather conditions, other hazards, etc.

E. Preparing to Launch/Train

After health screening and safety briefing, athletes, coaches and volunteers should complete the following steps:

ROWER	COACH/VOLUNTEER
<ul style="list-style-type: none"> <input type="checkbox"/> Retrieve oars, and carry to the beach keeping 6’ distance (taking care not to touch handles) <input type="checkbox"/> Understand the day’s workout, traffic pattern, initial travel direction <input type="checkbox"/> Assist other rowers with launching at the direction of the coach ONLY <input type="checkbox"/> Launch as normal and move away from the beach <input type="checkbox"/> Remove mask only if rowing in a single shell 	<ul style="list-style-type: none"> <input type="checkbox"/> Direct POD athletes to their assigned shells/oars/launching order for the day <input type="checkbox"/> If last to leave, turn off all lights and lock/secure boathouse <input type="checkbox"/> Supervise launch <input type="checkbox"/> Remove mask only if alone on launch

F. Returning to the Beach

At the conclusion of the training session, athletes, coaches and volunteers should complete the following steps:

ROWER	COACH/VOLUNTEER
<ul style="list-style-type: none"> <input type="checkbox"/> Put on your mask <input type="checkbox"/> Return to the beach <input type="checkbox"/> Land boat maintaining 6' social distance and stow oars away from others' <input type="checkbox"/> If hot seating, next rower <ul style="list-style-type: none"> <input type="checkbox"/> sanitizes oar handles, feet, seat, and gunnels with alcohol spray or disinfecting wipe <input type="checkbox"/> Carry boat to apron for cleaning <input type="checkbox"/> Carry oars to apron for cleaning 	<ul style="list-style-type: none"> <input type="checkbox"/> Send boats back to the beach <input type="checkbox"/> Supervise return to the beach and hot seating (if applicable) <input type="checkbox"/> Put on your mask <input type="checkbox"/> Return launch to the public dock <input type="checkbox"/> Clean and disinfect launch surfaces with disinfecting wipe or hand sanitizer

G. Cleaning and Stowing Equipment

Athletes, coaches, and volunteers should complete the following steps:

ROWER	COACH/VOLUNTEER
<ul style="list-style-type: none"> <input type="checkbox"/> Use hand sanitizer <input type="checkbox"/> Thoroughly rinse boats and oars <input type="checkbox"/> Wipe boats and tracks clean with dry rag <input type="checkbox"/> Scrub oar handles with disinfecting wipe <input type="checkbox"/> Sanitize with alcohol spray: <ul style="list-style-type: none"> <input type="checkbox"/> Oars: Handles and shafts only <input type="checkbox"/> Boats: Bow, stern, feet, seat, oarlocks, gunnels only <input type="checkbox"/> Allow 1 minute or more 'wet' time of disinfectant on surfaces before rinsing. <input type="checkbox"/> Rinse oars and boats to remove alcohol <input type="checkbox"/> Stow equipment at the coach's direction <input type="checkbox"/> Exit the boathouse as soon as possible <input type="checkbox"/> Depart the boathouse or join in erging procedures if part of pod activity 	<ul style="list-style-type: none"> <input type="checkbox"/> Use hand sanitizer <input type="checkbox"/> Supervise cleaning of boats and oars <input type="checkbox"/> Supervise stowage of boats <input type="checkbox"/> Disinfect high touch surfaces in and around the boathouse with disinfecting wipe between rowing groups <input type="checkbox"/> If no session is scheduled immediately following, the coach will secure the equipment inside the boathouse

PROCEDURES FOR ERGING AT BIR – MASTERS & JUNIORS PROGRAMS

Procedures A-D above apply for both erging and rowing.

H. Erging Session

Individual rowers will move their erg to a location determined by the coach. Outdoor rowers must space ergs at least 6 feet (8 paces) apart facing the same direction. For indoor erging, space ergs at least 12 feet apart. **All** fitness-related activities (i.e., stretching, erging, calisthenics, etc.) must occur inside the personal zone. **Masks must be worn at all times, including while erging.**

ROWER	COACH/VOLUNTEER
<ul style="list-style-type: none"> <input type="checkbox"/> Place erg in position as directed by coach <input type="checkbox"/> Sit down on erg and prepare for workout 	<ul style="list-style-type: none"> <input type="checkbox"/> Open doors/windows for ventilation during indoor rowing. <input type="checkbox"/> Set up and turn on fans if erging in upper level of the boathouse. <input type="checkbox"/> Set up erg area with hand sanitizer, disinfecting wipes and trash bag <input type="checkbox"/> Supervise rowers in placement of ergs

I. Ending an Erg Workout

At the conclusion of the training session, athletes, coaches and volunteers should complete the following steps.

ROWER	COACH/VOLUNTEER
<ul style="list-style-type: none"> <input type="checkbox"/> Sanitize hands <input type="checkbox"/> Scrub handles and wipe high touch surfaces including seat, foot straps, erg fan and monitor buttons with a disinfecting wipe. <input type="checkbox"/> Return erg to storage location (if end of session or no longer needed) or leave in place for next pod <input type="checkbox"/> Depart the boathouse immediately or join on water procedures if part of pod activity 	<ul style="list-style-type: none"> <input type="checkbox"/> Sanitize hands <input type="checkbox"/> Supervise cleaning of ergs <input type="checkbox"/> Clean the floor around each erg with a damp mop between training groups <input type="checkbox"/> Disinfect high touch surfaces in and around the boathouse with disinfecting wipe between training groups <input type="checkbox"/> Coordinate the return of ergs to the storage location if end of the day

COACH PROCEDURES FOR OPENING AND CLOSING THE BOATHOUSE

The following procedures apply to coaches with assigned pods that are the first or last sessions of the scheduled day.

A. Opening the Boathouse for the Day

Coaches arriving for the first session of the day will have these additional responsibilities:

- Arrive 15 minutes prior to start time of first session
- Put on your mask
- Wash or sanitize hands
- Unlock person door
- Open roll-up doors
- Set up slings for 6 singles on the apron
- Set up oar holders on the apron
- Set out clean and dirty rag buckets
- Disinfect and tidy up table for hand sanitizer outside
- Disinfect and tidy up table for keys/cell phones inside
- Disinfect and set out shoe and backpack racks (optional)
- Set up beach (optional) with slings, hand sanitizer and trash bag
- Set up erg area (optional) with hand sanitizer, alcohol spray, disinfecting wipes and trash bag

B. Closing the Boathouse for the Day

Coaches closing the boathouse at the end of a day will have these additional responsibilities:

- Check all equipment off the beach
- Stow launch keys, radios and safety bag
- Check apron clear
- Check equipment racked correctly
- Hose bibb is off, bring hose inside, coiled up neatly
- Tidy up - disinfect and put away equipment and tools
- Disinfect hose bibb handle, door handles, light switches, garage door buttons, counter tops, bathroom fixtures, and other high-touch surfaces
- Replenish supplies as needed
 - Masks, gloves
 - Paper towels, toilet paper, hand soap
 - Refill disinfectant bottles – wear glasses
- Put dirty rags in washing machine
- Ensure washer and dryer are off and doors are open
- Empty garbage, wash hands
- Ensure no one is in the building – check all rooms, bathroom door open
- Turn off all lights including bathroom
- Lock doors and windows on both floors (both thumbscrew and edge locks, check crash bar locks are not dogged)