

ESCRowers - Rules for Taking Out Boats and Covid-19 Precautions

(Updated May 23, 2020)

PART 1

While Social distancing is in effect, only singles and doubles can be used. Only people cohabitating may use the doubles.

In order to take out an ESCR shell on your own, at Evergreen Easton Point you must...

- be an up-to-date paid member.
- sign an up-to-date waiver.
- have passed a flip test if taking a double or single.
- have a phone in a dry bag and you must wear a PFD with a whistle attached.
- have a chase boat out with a double or single if water is 55° or less. (there is no chase boat available at this time)
- have rowed with ESCRowers for at least one full season.
- text Chloe (410-924-6621) and notify her before your departure and text her on your return.
- abide by Special Practices noted in Part 2, in response to the COVID-19 virus.

ESCRowers “No Row” Rules

1. Lightning or thunder? You must wait 30 minutes after you hear/see any (carbon fiber conducts electricity).
2. Fog? If you can't see Easton club (directly across from docks) don't go out.
3. White caps, nope! Use caution with winds up to 13 MPH.
4. Dusk, or after dark, No rowing!
5. No rowing if the water temp is below 55 degrees, unless you have a chase boat.

Reminders:

- Be mindful of Evergreen events and parking (Meaning if there is something going on please give Evergreen space and don't get in the way or DON'T ROW if that seems better)
- Bright colors are highly suggested.
- Must follow the club's weather “No Row” rules.
- Clean up after yourself, see how to clean equipment in Part 2
- No changing rigging without permission.
- Give working boats right of way on the water.
- Freedom Rowers have right of way over the dock in the afternoons. We do not row when they have practice. (Freedom Rowers are not rowing at this time)
- Record in log and notify Chloe by phone or text of any broken or damaged equipment.

PART 2

Special Practices in response to the Covid-19 Virus:

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content is provided for general informational purposes only. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

The knowledge and circumstances around COVID-19 are changing constantly and, as such, ESCR makes no representation and assumes no responsibility for the accuracy or completeness of this information. The guidelines in this document are subject and subordinate to federal, state and local laws, rules, ordinances and regulations that apply to your location (“Applicable Laws”). ESCR does not condone or recommend disregarding or engaging in conduct not in conformity with Applicable Laws. In the event of any conflict or inconsistency between the guidelines in this document and any Applicable Laws, the Applicable Laws shall control.

1. Return to Training/Athlete Health Monitoring

- Any individual returning to the boathouse or to a training environment needs to have been in that general geographic location for 14 days prior to coming to the boathouse.
- Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to a designated person at the club if the rower was physically present at the boathouse 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. If their temperature is 100.4 degrees or over, the person should not come to the boathouse.
- If someone feels sick, they should not be rowing. 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 note from their doctor indicating they are cleared to resume participation in training.

2. Outdoor Facility Use

- Organizations must follow state and local guidelines pertaining to parks and public waterways in the operation of on-the-water training.
- Athletes should use their own equipment or the same pieces of equipment daily if unable to have their own – single (1x), oars, and adaptive equipment such as seat cushions, grip aids, etc.
- The athlete should carry their specific oar set to and from the dock.
- All oars should be wiped down with disinfectant after use.
- If shared equipment is being used, equipment should be thoroughly cleaned and disinfected before and after each use
- Adaptive equipment should be wiped down with disinfectant before and after use.
- When launching/landing, social distancing should be maintained. Multiple boats on the dock allowed only if proper social distancing requirements are met

How to Clean and Disinfect Rowing Equipment

- Upon arrival use hand sanitizer before touching equipment
- PFD/waist life jackets will be assigned with your name on them and a whistle attached in shed on an assigned hook.
- You will have your own phone in a waterproof pouch
- Bleach and spray bottles will be in the shed. A new batch must be mixed each day.
- Prepare a bleach solution in the spray bottle by mixing 1 ½ Tablespoons of bleach in 3 cups of water.
- Fill lines are marked for water in the spray bottle and there is a marked cup to pour the bleach in to the spray bottle.
- Bleach solutions are effective for up to 24 hours.
- Place oars in the rack.

- Use the bleach solution to spray the oar handles to saturate them and leave on while the shell is cleaned.
- Boats are to be washed down with the usual soap and water.
- Use white hand towels to clean the boat
- Spray oarlock with bleach and gunnels and surfaces that you have touched
- The seat must be sprayed with the bleach solution. Yes your ass sweat can be a contaminant.
- Rinse all parts that have been sprayed with bleach to prevent corrosion. Rinse oar handles.
- Place white hand towels in the bucket and empty remaining bleach solution over them.
- Hang rinsed towels on the oar rack to dry.
- Return your PFD to your assigned hook in the shed.

Be Safe, Stay Well