



RCTW COVID POLICIES

Five Core Principles

1. Our Organization and athletes must follow state and local rules and regulations set forth by the public health authorities including group size. At this stage, The Rowing Club of the Woodlands will maintain the order to have no more than ten (10) rowers in the boathouse at the same time.
2. Training should focus on a “get in, train, get out” approach, minimizing unnecessary contact.
3. 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. If possible, separate entrances and exits should be created to optimize social distancing.
4. Training may be allowed in singles (1x) only in order to maintain proper social distancing when social distancing is recommended. Individuals living in the same residence (husband/wife, siblings, parent/child) may take out a double/pair (2-/2x) or a four/quad (4-/4x).
5. No team boats will be allowed until social distancing guidelines are lifted due to the possibility of the transmission of the disease through ¹respiratory signature. (See also “[Team Boat Training](#)” below)

Additional General Guidelines

- Masks should always be worn in and around the boathouse, on the apron and on the docks. Masks can be removed once on the water in a single but should be put back on when returning to the dock. Masks should be worn in addition to social distancing.
- Athlete, coach and staff health must be monitored at least daily.
- All athletes, coaches and staff should sanitize or wash their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols regularly.
- Communal spaces should be closed when possible (locker rooms, drinking fountains, etc.) Pay attention to commonly touched items in your area of training or boathouse such as doorknobs, hoses, water spigots, roller door chains etc. These should be disinfected regularly if they are not closed. Athletes should carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available.

¹ 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.



- No personal items should be stored at the boathouse. All personal items must remain in the individuals' vehicle or be brought in the boat with them.
- Any individual (athletes, coaches, and staff) 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. If you, or your child has been outside of the geographic location within a 14-day period, please contact the coaches or Executive Directors prior to attending practice.
- 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. Each person should take their temperature daily prior to arrival at the boathouse. If their temperature is 100.4 degrees or over, the person should not come to the boathouse.
- Athletes, coaches and staff must arrive to the practice facility wearing a mask. Masks are to be worn when not engaged in practice activity.
- If someone feels sick, they should contact their coach 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 note from their doctor indicating they are cleared to resume participation in training.
- If training in groups, it is recommended to train in the same group and not mix training groups in order to decrease the risk of exposure across groups.

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 etc.
- The athlete should carry their specific oar set to and from the dock to reduce the number of people in a boat bay.
- All oars should be wiped down with disinfectant before and after use.
- If shared equipment is being used, equipment should be thoroughly cleaned and disinfected before and after each use.



- When launching/landing, social distancing should be maintained. Multiple boats on the dock should be allowed only if proper social distancing requirements can be met.
- If possible, one dock/set of docks should be used for launching and a second dock/set of docks should be used for recovery. Separate docks should be used for para and adaptive athletes.

Indoor Facility Use

- The operation of our indoor facility will follow state and local guidelines, particularly pertaining to gyms.
- Ergs and any other indoor equipment should be spaced at least six (6) feet apart.
- All ergs and equipment must be wiped down with disinfectant before and after every use. No exceptions.
- When possible, open doors and windows to increase ventilation in rooms. The use of fans should be avoided. This is recommended for boat bays, as well as indoor training rooms.
- Locker rooms and other common areas should be closed. Athletes should come prepared to work out and leave the facility when finished.
- When meeting with coaches, social distancing should be maintained. Masks should be worn by all parties.
- If possible, one entrance should be used for access to facility and another one for exit.
- Hand sanitizer should be provided at all entrances and exits.

TEAM BOAT TRAINING

USRowing recommends organizations use the following standards published by FISA, based on WHO recommendations, in order to make informed decisions if you choose to return to rowing team boats.

Training in team boats may resume when the local infection rate is less than 50 new cases per 100,000 people in total for the last seven-day period or 7.14 daily new cases per day. USRowing recommends that organizations determine their rate by county.

Overriding Authority – RCTW recognizes local overriding authority (i.e. Montgomery County) when there is a conflict between state and local regulations set forth by public health authorities regarding group sizes and sports.
