



5 September 2021

Rowing in a COVID-19 Environment

1. **Purpose:** This plan satisfies USRowing and Washington State requirements that rowing clubs develop and publish a plan that provides the framework for safe and healthy rowing in a COVID-19 environment.
2. **References.** This plan is in accordance with relevant guidance provided by the Centers for Disease Control and Prevention (CDC), the Washington State Governor’s Office, the Washington State Department of Health (DoH), the Kitsap Public Health District, and USRowing. Specific relevant guidance includes the latest versions of:
 - a. Proclamations from the Washington State Governor’s Office.
 - b. The USRowing document *Re-opening the Boathouse/Return to Training -- Considerations Post-COVID-19* (last updated 16 June 2021).
 - c. Washington State Department of Health (DoH) and Kitsap County guidelines.
3. **The Decision to Row.** The conditions for a return to on-water activity are based on the following guidelines:
 - a. The 2 June 2021 version of the Healthy Washington Roadmap to Recovery Plan (*Sporting Activities -- COVID-19 Requirements*) identifies crew as a moderate risk sport that is allowed during Phases 1, 2, and 3. In accordance with the Secretary of Health’s Order 20-03.2, fully vaccinated individuals are exempt from the requirement to wear a face covering. A person is fully vaccinated against COVID-19 two weeks after they have received the second dose in a two-dose series (Pfizer-BioNTech or Moderna) or two weeks after they have received a single-dose vaccine (Johnson and Johnson/Janssen). Fully vaccinated individuals are also exempt from physical distancing requirements.
 - b. The 16 June version of Reference (b) (*Re-opening the Boathouse/Return to Training -- Considerations Post-COVID-19*, Version 11.0) requires that all USRowing organizations “follow state and/or local rules and regulations set forth by their public health authorities. When regulations differ between state and local authorities, organizations should follow the guidelines of the overriding authority for their location.” USRowing’s Medical Commission is encouraging all members to get vaccinated to protect each other as rowers return to usual boathouse activity and large-scale regattas. Fully vaccinated individuals may resume activities without wearing a mask or staying six feet apart, except where required by federal, state, or local regulations. However, large-scale regattas or events may make their own determinations on whether to implement masking or distancing guidelines based on the size and scope of the event. USRowing requires that all participants in rowing activities execute a special infectious disease waiver prior to rowing.
 - c. The Proclamation by the Governor Amending Proclamations 20-05 and 20-25, et. Seq. “Healthy Washington – Roadmap to Recovery” dated 21 May 2021, states “fully vaccinated individuals

are not required to wear a face covering inside or outside except when in health care settings, correctional facilities, homeless shelters, schools, and public transportation (collectively, “CDC exempted locations”). This is superseded by DoH guidelines of 5 September 2021 stating that “because of a steep increase in disease transmission in Washington, the Secretary of Health is requiring that everyone over five years of age wear a mask in public indoor settings. People are not required to wear a mask outdoors. However, we strongly recommend that all people, regardless of vaccination status, wear a mask in crowded outdoor settings, such as sporting events, fairs, parades, and concerts where it is more difficult to maintain physical distance between non-household members”.

- d. Furthermore, as KRA is exclusively a Masters program, the club believes it necessary to limit participants in team boat rowing to members who are fully vaccinated for COVID-19.¹
- e. Based on the guidance cited in paragraphs 3.a, 3.b, and 3.c above, KRA will conduct team rowing and activities only with participants that are fully vaccinated for COVID-19. All participants must have executed the USRowing infectious disease waiver and agree to follow all the procedures laid out in paragraph 4 below.

4. Guidelines and Processes to Ensure Safe Rowing:

a. Principles for Personal Health Safety: All KRA members participating in club activities shall:

- (1) Be fully vaccinated for COVID-19 before participating in a KRA row. Proof of vaccination is required by the Membership Committee.
- (2) Wear a facial covering when in the erg room with other members and in outdoor group situations such as on the dock if social distancing cannot be maintained. Minimize time spent in the erg room when collecting and returning equipment.
- (3) Focus on a “get in, row, get out” approach, minimizing unnecessary contact with other KRA members.
- (4) Maintain physical/social distancing of at least six (6) feet prior to and after each row.
- (5) Pay attention to commonly touched items on the dock or in the erg room such as doorknobs, hoses, water spigots, etc. Regularly wash hands or use hand sanitizer.
- (6) Self-monitor for symptoms of COVID-19. Symptoms include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

¹ According to the CDC, an individual is considered fully vaccinated for COVID-19 two weeks after they have received the second dose in a two-dose series (Pfizer-BioNTech or Moderna), or two weeks after they have received a single-dose vaccine (Johnson and Johnson (J&J)/Janssen) ([Interim Public Health Recommendations for Fully Vaccinated People | CDC](#)).

- (7) Do not participate in KRA activities if showing any of the COVID-19 symptoms listed above, have tested positive for COVID-19, or if in close contact of a confirmed COVID-19 case. If sick, do not return to rowing until 10 days from symptoms onset and symptoms have improved, or upon receipt of a negative COVID test.
- (8) Members who test positive for COVID-19 should inform the KRA Safety Committee to allow tracing and notification of close contacts. Applicable CDC and Washington State DoH isolation and quarantine requirements must be followed prior to resuming any participation in KRA activities.

b. KRA's Health Monitoring Protocols: These protocols shall ensure all KRA members adhere to the Principles for Personal Health Safety (paragraph 4.a above) and address the following points:

- (1) Put measures in place to readily track KRA members who:
 - (a) Are fully vaccinated for COVID-19 and have executed their USRowing infectious disease waiver.
 - (b) Have had high-risk contact with a person who has been sick and/or diagnosed with COVID-19.
 - (c) Are showing the COVID-19 symptoms listed in paragraph 4.a.(9) above.
 - (d) Have tested positive for COVID-19.
- (2) Establish tracing procedures for close-contact KRA members and notify those individuals that they have had close contact with someone who has tested positive for COVID-19.
- (3) Ensure the Cox Log is maintained, detailing all participants involved in a row, including the launch operator and coach. The rower's seat number should be specified. Washington State requires that a roster be kept to assist with contact tracing in the event of a possible exposure. Attendance rosters must be kept on file for 28 days after each row.
- (4) Develop a checklist that is reviewed prior to a row. The checklist asks that the row participants have complied with the items listed in paragraph 4.a above. The checklist will be administered by the cox, coach, or launch operator prior to the row.

APPROVAL AND REVIEW

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| APPROVAL AUTHORITY | KRA BOARD | COMMENT |
| DATE APPROVED | 8 April 2021 | |
| REVIEW AUTHORITY | Safety Committee | |
| DATE OF REVIEW | 12 May 2021 | Document updated |
| DATE OF REVIEW | 5 September 2021 | Document updated |