



Protocol for the Return to Rowing

PHASE 1	GUIDELINES
<p>Miami RowHouse “Open Air” Summer Rowing</p>	<p>Key Principles:</p> <ol style="list-style-type: none"> 1. Follow state and local rules and regulations. 2. Training will focus on “get in, train, get out” approach as recommended by US Rowing 3. Individuals should maintain social distancing in the boat area. 4. MASKS MUST BE WORN BY ALL (JUNIORS AND MASTERS etc.) inside the RowHouse building. 5. NO ERGING BY ANYONE INSIDE THE ROWHOUSE BUILDING. If you need to erg please take the erg outside on the porch and put it back in the house when done. Please be sure to sanitize the erg handles and seat BEFORE you use it and AFTER you have put it back inside the RowHouse. 6. ONLY USE MATS OUTSIDE and be sure to wipe down before and after use and bring your own rollers if you use them with stretching. 7. Training will be on the water and focused on the use of singles and doubles. 8. <i>Parents and rowers and Masters should report to Coach immediately by phone/text and email if the parent or rower or Master comes in contact with anyone who has COVID-19 including but not limited to family, friends etc. Do not come to the club if exposed to COVID-19 or if you are not feeling well.</i>
	<p>Additional General Guidelines</p> <ul style="list-style-type: none"> • Masks should be worn at all times while off the water. The masks can be removed in the boat and then put back on as the rower returns to the dock. • All athletes and coach should sanitize or wash their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols regularly.

	<ul style="list-style-type: none"> • Athletes should have small containers of hand sanitizer with them to use as needed after touching any hoses, water spigots, doorknobs etc. • Athletes should bring with them a water bottle/s as needed and wear what they plan to wear to row. NO SHARING OF WATER BOTTLES. • Athletes should leave any bags or personal belongings not being worn in their cars. • The RowHouse building is closed to athletes under Phase 1. All activities will take place in the open air on the property. • If an Athlete needs to use the first bathroom in RowHouse, they need to first get permission from the Coach and follow required protocol from the Coach. Only one person is allowed to enter to use the bathroom at a time.
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	<p>Return to Training/Health Monitoring</p> <ul style="list-style-type: none"> • Any Athlete known to have been exposed to COVID-19 must self-report to the Coach. • <i>Each Athlete needs to take their temperature daily prior to arrival at the boathouse. Do not come to the boathouse if your temperature is 100.4 degrees or over.</i> • If the Athlete feels sick they should contact the Coach and not attend practice. • If any Athlete does get COVID-19 they need to provide the Coach with a note from their doctor indicating they are ok before returning to the boathouse.
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	<p>Outdoor Facility Use</p> <ul style="list-style-type: none"> • The boats are stored in an outdoor open facility. • All club oars and boats should be wiped down before and after use with soap and water. • When launching /landing, social distancing requirements should be maintained. Only one boat at a time to launch and return to the dock. Keep social distancing as you wait your turn.
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I have read and agree to the protocol described above. Date: _____

Junior Name

Parent Name or Masters Name

Junior Signature

Parent Signature or Masters Signature