

CCRA Rower's Step-by-Step Practice Procedures

Fall, 2020. v3-3

****Please note these are special policies and procedures for keeping CCRA rowers and coaches as safe as possible during COVID. These procedures are subject to adjustments as information and circumstances change. Notifications will be posted on SportsYou.****

Before you leave your house, be sure to bring:

- Mask
- Rowing gloves
- Water bottle
- Inhaler, sunscreen, sunglasses, hat, or any other personal items that you need to have ON THE BOAT with you. You cannot leave any personal items in the shed (except keys and cell phone, if needed)
- Wear footwear that you don't mind 'losing'

When you arrive at Lake Meahagh parking lot:

1. Put your mask on over your nose and mouth **before you get out of the car.**
2. Put on your rowing gloves.
3. Be mindful of social distancing. Please try to stay 6 feet away from others as much as possible.
4. Check in with Coaches for a health screening. **If you are being dropped off please tell your driver to wait.**
 - a. If you pass the health screening, give your driver a thumbs up, so they know you have been cleared to stay for practice.
 - b. If you don't pass, please go home, take care of yourself, and self-isolate

Prepare to get on the water:

1. Put any small items (keys, cell phone) in the CCRA-provided box, to be stored in the locked shed for the remainder of practice
2. Apply CCRA-provided hand sanitizer to your hands if desired
3. Wait to be prompted by Coach to move your assigned oars and boat to the dock
4. Leave your shoes at the end of the dock, separate from other rower's shoes, or bring on the boat with you. Note: Rowers handle their own shoes. Do not bring shoes to another rower.
5. Depart from the dock as quickly as possible, so that others can use the dock space.
6. You may remove your mask and make adjustments to your foot stretcher, spacers, etc at this time.
7. Stay in the dock area until Coach calls boats to assemble. **Please distance from other boats in the water while waiting for all boats to get in the water.**
8. Have a fun time on the water!

Returning to the dock:

1. Put your mask on over your nose and mouth BEFORE you get to the dock
2. Wait for Coach's instructions for your return to dock. Approach the dock slowly and safely.
3. Unload and move your boat back to the rack quickly, to make room for the next boat.
4. Make sure your boat is strapped down using the approved technique.
5. Move your oars to the disinfecting 'station'

Cleaning and disinfecting boat and oars:

1. Apply disinfectant to high touch areas (oarlocks, shoes, seat, gunwales, oar handles, etc), and wait at least 10 minutes for it to work.
2. Hose down and clean your boat. Rinse oars.
3. Coaches will return oars, hose and cleaning equipment to the shed.

Departure:

1. Wait for Coach's instructions
2. Apply hand sanitizer if desired
3. Retrieve your small personal items
4. Go directly to your car. No hanging out in the parking lot!
5. Remove your mask after you're in your car.
6. Clean your mask and your rowing gloves, so you're ready for the next practice!