**HBRA COVID-19 PROTOCOL FOR JUNIOR ROWERS AND THEIR FAMILIES**

July 27, 2020

This protocol has been adapted from HBRA’s COVID-19 Reopening Plan, which was submitted to Humboldt County on June 12, 2020. The original reopening plan may be found on the shelf below the dry erase board in the Adorni Boathouse. Please note that as of the date of this protocol, our reopening plan applies only to single sculling and the Adorni Boathouse. The sweep rowing program has been suspended until further notice and entry to the big boathouse is restricted.

We are excited to have you and your teammates back on the water! We want everyone to stay healthy and to keep our programs open; therefore, we ask you to read this protocol carefully and follow it at all times. Please sign and date it at the end. Your parents are also required to read and sign this protocol. Once you and a parent have signed it, please bring it to your coach. We will need it on the first day you attend practice.

General Rules

* If you or a member of your household becomes infected with COVID-19, notify your coach or an HBRA Board member immediately.
* Any member of HBRA who becomes infected with COVID-19 must submit a note to HBRA's Board of Directors from a licensed physician clearing him/her/they before returning to row.
* Avoiding touching your eyes, nose, and mouth and cough or sneeze into a tissue or the inside of your elbow. Dispose of the contaminated tissue, and immediately use hand sanitizer containing at least 60% alcohol.
* Friends and family members are asked to not come to either boathouse. Parents dropping off or picking up a rower are asked to wait in the car.
* Individuals who are not members of HBRA are not allowed in either boathouse at any time. Parents, please call or message your child's coach if you need to talk to the coach.
* Private equipment is not to be touched by anyone other than its owner.
* All Safe Sport rules of conduct for Junior rowers and coaches will always remain in effect.

Before You Leave Home...

* All rowers are required to self-certify that they, or anyone in their household, are not experiencing any symptoms of COVID-19 before arriving to row.
* If you are experiencing any symptoms of illness, please stay home and contact your physician if needed.
* Masks are mandatory so don’t head to the boathouse without one. The club does not provide disposable masks so you will be sent home if you come to practice without one.
* Borrowing from or sharing items (including food/water and masks) with other rowers is not allowed.
* Personal items except for car keys are not to be stored at the boathouse. Be prepared to take any item you bring with you into the boat. We recommend taking your cell phone on the water with you in a waterproof case. Purses, wallets, backpacks, extra clothing, food, etc. should be left at home. You should have water with you in the boat, but any water bottles left at the boathouse will be disposed of immediately.
* Use the bathroom before you leave home (no joke!) There are no bathrooms available at the Adorni Center. In an absolute emergency, you could use the Porta Potty at the big boathouse, but it would be an involved and slow process to get you into the building and into the portable toilet (both are locked!)
* Your coach will text you before practice to let you know which boathouse to report to that day. If there are enough rowers to move a safety launch with the coach, you will be asked to report to the big boathouse. If there are not enough rowers to help lift the launch, you will be told to report directly to the Adorni Boathouse. All sculls will be launched from the Adorni Boathouse.

When You Arrive at the Designated Boathouse…

1. Big Boathouse followed by Adorni Boathouse

* Text your coach when you arrive at the boathouse.
* Wait in your car until your coach texts you back and tells you to meet outside on the bay side of the boathouse. Put your mask on before you exit your car. Masks are required at all times on land.
* DO NOT ENTER THE BOATHOUSE.
* All rowers are to maintain a distance of at least 6 feet between themselves and all other persons while waiting for the coach to open up the door sash so that the launch can be removed.
* The coach will take each rower’s temperature before getting hands on the launch. Any rower with a temperature above 100.3o F will be asked to leave immediately and their parents will be notified.
* Use hand sanitizer before and after touching the launch or any equipment.
* The coach will give the go-ahead to enter the boathouse and get “hands on the launch.”
* Once the launch has been put in the water, the rowers may start walking to the Adorni Boathouse while staying at least 6 feet apart.
* When you arrive at the Adorni Boathouse, stand 6 feet apart on the sidewalk in front of the boathouse and wait for your coach to arrive in the launch.

1. Adorni Boathouse Only

* Text your coach when you arrive at the boathouse.
* Wait in your car until your coach texts you back and tells you to meet outside on the bay side of the boathouse. Put your mask on before you exit your car. Masks are required at all times on land.
* DO NOT ENTER THE BOATHOUSE.
* The coach will take your temperature with a no-touch thermometer outside the boathouse. If your temperature is above 100.3o F you will be asked to leave immediately and your parents will be notified.
* Your coach must give you verbal approval to enter the boathouse. A maximum of two (2) people (including the coach) are allowed in the boathouse at one time and are required to remain at least 6 feet apart. Once you have received approval to enter the boathouse, you may set your keys on the seat of the erg. Put hand sanitizer on and then claim a set of oars. You may take those oars down to the dock. Only two people are allowed on the dock at one time and again, they must be 6 feet apart.
* Your coach will assign a boat to you and will either help you carry it down to the dock or will ask another rower to carry it with you. Only one boat is allowed on the dock at one time. You are responsible for putting your oars in the oar locks, adjusting the foot board, and launching quickly.
* Once you are away from the dock, you may remove your mask.
* Your coach will give you instructions about what to do on the water. The coach will help other rowers get on the water so be patient and follow instructions.
* When practice ends, rowers will have to queue up offshore so that there is only one boat on the dock at a time with a maximum of two people on the dock.
* Put your mask back on while waiting to dock. You must have your mask on at the dock.
* Once you have docked you and your coach or another rower designated by the coach will carry your boat and oars up the ramp and into slings.
* Wash your oars and boat with soap and water and rinse both with the hose.
* The coach will then disinfect all equipment with an EPA approved disinfectant such as 70% alcohol or household bleach (5 TBS bleach to 1 gallon of water).
* Rowers must use hand sanitizer when touching boats and oars to put them away.
* The coach will disinfect all frequently touched surfaces on the inside and outside of the boathouse (i.e. door handles, pens, sash chain, and alarm pad)
* If the coach did not use a safety launch, rowers are free to leave at this point.
* If a safety launch was used then all rowers must return to the big boathouse while remaining 6 feet apart.
* Rowers and the coach will move the launch from the water to land.
* Rowers will remain at the boathouse until the engine has been rinsed and the launch has been returned to the boathouse.
* All rowers must exit the building through the big doors closest to the water. Rowers are asked to leave immediately and not socialize outside the boathouse.

I have read this protocol and will follow it to the best of my ability.

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Signature of Junior Rower Printed Name Date

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Signature of Parent Printed Name Date