

COVID Protocols

(approved by board 1/31/2022)

COVID Protocols:

- Training will focus on a “get in, train, get out” approach, minimizing unnecessary contact.
- Athletes, coaches, and staff must self-monitor for symptoms.
- All athletes, coaches and staff should sanitize their hands prior to arrival and when they arrive home after practice and should follow hand-washing protocols regularly.
- COR must follow state and local guidelines pertaining to parks and public waterways.
- Individuals should maintain social distancing of at least six (6) feet in all areas when social distancing is required. This includes coaches, athletes, volunteers and staff.
- 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.
- Oars will be sanitized regularly.
- Porta-potties are only to be used in cases of emergency.
- Athletes should leave personal belongings in their car with the exception of car keys or other exceptions permitted by coaching staff. The area where personal belongings are kept will be cleaned regularly.
- Each athlete should bring their own reusable water bottle.
- All individuals must self-monitor for symptoms of COVID-19 daily.
- 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.
- Due to a variety of factors that teammates may not have visibility to, the DOR has discretion to adjust or cancel practice as needed based on what the DOR deems is in the best interest of the team. This could be due to illness, weather, athlete availability, or other reasons.
- For the safety of the team, if you have any symptoms or have been around anyone with the symptoms or diagnosis associated with the Covid virus **PLEASE STAY HOME** and notify the Director of Rowing and Club President at your earliest opportunity.

COVID Exposure Response:

- [Franklin County Public Health Exposure Protocol](#)
- [CDC Possible Exposure Quarantine Guidelines](#)
- [Franklin County Public Health](#)
- It is recommended to get tested upon initial notification of exposure and 5 days after exposure if fully vaccinated.
- Any individual known to have tested positive (regardless of symptoms) or who has been exposed to a person who has been diagnosed with COVID-19 must self-report to the Director of Rowing and Board President.
- It is recommended that any individual who tests positive for COVID-19 consults with their physician before returning to athletic activities.
- COR may have a limited shutdown after a COVID-19 positive individual was at the premises if necessary to clean any equipment or areas which may have been compromised that are not already being disinfected appropriately. At that point, COR will resume normal operations.

[From the CDC FAQ Site:](#)

- [CDC COVID-19 Symptom List, Self Check Assessment Tool, and other Resources](#)
- [CDC COVID-19 Isolate if You Are Sick Guidelines](#)
- [CDC COVID-19 When to Quarantine Guidelines](#)
- [CDC COVID-19 Exposure Best Practices](#)

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

People with these symptoms may have COVID-19:

- Fever or chills
- Shortness of breath or difficulty breathing
- Fatigue
- Cough
- New loss of taste or smell
- Sore throat
- Muscle or body aches
- Headache
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea