

CoViD-19 Preparedness Plan for Rochester Rowing Club

The Rochester Rowing Club (RRC) is committed to providing a safe and healthy environment for all athletes and constituents. A preparedness plan was put in place March 19th, 2021 and revised June 2021 as new information became available. For the 2021-2022 rowing season, the RRC CoViD-19 task force decided to sunset the original plan and introduce a new document to reflect the latest information.

The CoViD-19 preparedness plan is administered by the head coach, RRC CoViD-19 task force, and the RRC board. The plan follows guidance developed by the Minnesota Department of Health (MDH), the Centers for Disease Control (CDC), and by US Rowing. References are below for further reading.

Staff and rowers are continually informed of and encouraged to self-monitor for signs and symptoms of CoViD-19. Appendix 1 includes guidelines and policies for the following: testing, isolation and quarantine, contacts, and masks. *It also outlines the return to play plan and includes forms for the athlete and coach.*

The Minnesota Department of Health, the CDC, and US Rowing all agree on the benefits of vaccination. While not required, it is strongly recommended that all athletes and other constituents be vaccinated.

Promoting Safety at RRC Training Sessions

1. Screen yourself for symptoms before arriving at practice each day. Once we begin the winter season indoors a daily health survey will be administered to athletes by the coach.
2. Wash your hands before coming to practice.
3. Cloth or disposable masks must be available at all times. The expectation is that they will be worn at all times indoors while not engaged in practice activity.
4. Bring your own water bottle to practice.
5. Rowing and training equipment will be cleaned before and after each training session.

Regattas and Competitions

1. Athletes may travel in the pods that they are racing with.
2. Athletes may stay together in hotels in the pods they are racing with.

In cases of exposure

Vaccination is strongly recommended. The guidelines for testing, quarantine, and return to activity are different for vaccinated and unvaccinated participants. MDH is very clear about these guidelines. An outline of these guidelines is found in Appendix 1 of this document.

Signature Kim Batterson 10/17/2021
Kim Batterson, President RRC Board of Directors

References

Centers for Disease Control and Prevention: Coronavirus (CoViD-19) at www.cdc.gov/coronavirus2019

Minnesota Department of Health at www.health.state.mn.us/diseases/coronavirus

www.staysafe.mn.gov

US Rowing at www.usrowing.org/documents/2021
Appendix 1

Guidelines for Testing

A. Testing

1. MDH suggests that all unvaccinated athletes test at least every other week and 48-72 hours before competition
2. Vaccinated athletes need to test if they develop symptoms
3. Unvaccinated athletes that are quarantined because of contact tracing and want to decrease the quarantine time must test with a PCR test

B. Testing Facilities

1. PCR testing is done either by swabbing each nostril for 5 seconds or swabbing the nasopharynx for 5 seconds. There is not a saliva PCR test that is accurate.
2. There are multiple places in Rochester that have access to PCR testing. Typically, the fastest return of results are from either Mayo Clinic or Olmsted Medical Center. Both need an appointment for testing
 - a. Mayo Clinic 3033 41st Street NW 507-293-9525
Weekdays: 9:00am – 5:00pm
Weekends: 9:00am – 5:00pm
 - b. Olmsted Medical Center 102 Elton Hills Drive NW, Suite 200 507.292.7266
Weekdays: 8:00am – 5:00pm
Weekends: Closed

C. An athlete may also perform an observed home-test (nasal swab) following the guidelines from the company providing the test

Guidelines for Isolation and Quarantine

A. If any athlete tests positive for CoViD (Vaccinated or Unvaccinated)

1. Isolation
 - a. Athlete will isolate for at least 10 days from the start of symptoms or date of test
 - b. Athlete can end isolation after all of the following three conditions are met
 1. 10 days from the start of symptoms OR positive test
 2. Symptoms have improved (do not need to be symptom free)
 3. No fever for at least 24 hours, without using medicine that lowers fevers
 - c. Athlete should not exercise during isolation period
2. After isolation period
 - a. athlete will need clearance from a medical provider (flow chart at end)
 - b. no exercise until minimum of 10 days from onset or asymptomatic for 7 days, whichever is longer

B. If any athlete has symptoms and a negative test they should stay home until your symptoms are better **and** you do not have a fever

C. Quarantine

1. Vaccinated athletes

- a. Athlete does not need to quarantine if all of the following three conditions are met
 1. test is negative
 2. You do not currently have any symptoms of CoViD-19
 3. At least two weeks since your last dose of the vaccine

2. Unvaccinated athletes

- a. MDH and CDC guidelines for quarantine is 14 days from the last contact with the positive individual

b. Exception #1

1. Unvaccinated athlete can reduce quarantine to 10 days, if **all** of the following are met
 - A. You have not had any symptoms
 - B. You have not had a positive test for CoViD-19
 - C. No one in your home has CoViD-19
 - D. You do not live or work in a building where it's hard to stay away from others and easy to spread the virus to multiple people
 - E. Your contact with someone with CoViD-19 had a beginning and an end

c. Exception #2

1. Unvaccinated athlete can reduce quarantine to 7 days, if **all** of the following are met
 - A. You get tested for CoViD-19 at least five full days after you had close contact with someone with CoViD-19, and the test is negative
 - B. You must get a negative PCR test, not an antigen test or antibody/blood test.
 - C. You have not had any symptoms
 - D. You have not had a positive test for CoViD-19
 - E. No one in your home has CoViD-19
 - F. You do not live or work in a building where it's hard to stay away from others and easy to spread the virus to multiple people, like a long-term care facility
 - G. Your contact with someone with CoViD-19 had a beginning and an end

3. If Quarantine is reduced to either 7 or 10 days the athlete should

- a. Continue to monitor for symptoms for 14 days
- b. Wear a mask when in public places for 14 days

D. If an athlete lives with someone that has tested positive for CoViD-19, their quarantine will not begin until the positive person's isolation ends.

1. In this situation, the athletes quarantine could last 24 days

E. Others that do not need to quarantine

1. Athletes that have had COVID-19 in the past 90 days do not need to quarantine if the following three conditions are met:

1. Your illness was confirmed with a positive lab test in the past 90 days
2. You have fully recovered
3. You do not currently have any symptoms of COVID-19

F. Symptoms of COVID-19 can be similar to other illnesses. It is important to follow your health care provider's advice before going back to school, work, or other places

EXAMPLE ONE: Athlete gets diagnosed day 1 and is asymptomatic the whole time, exercise on day 11. If athlete is diagnosed day 1, symptoms through day 5, no exercise until day 13. Athlete will follow a graduated return to exercise plan

Contacts

A. If athlete is determined to be a close contact of a positive individual

1. Vaccinated athletes

a. Get tested three to five days after exposure to someone with CoViD-19

b. Wear a mask in public, indoor settings for 14 days following exposure or until your test results

are negative

2. Unvaccinated athletes

a. Get tested immediately

b. If the test is negative, test again three to five days after the last time you were close to the

person with CoViD-19

c. Stay home and away from others

Masks

A. Outdoors

1. masks are not required to be worn when outside unless athletes will be in close contact for greater than 15 minutes total

Guidelines for return to play after positive test

1. Stage 1: (10 Days Minimum) Self isolation. No exercise. Medical clearance is required to advance to Stage 2. Athlete must be fever free for 72 hours without fever reducing medications prior to advancing to Stage 2.

2. Stage 2: (2 Days Minimum) Light Activity (Walking, Jogging, Stationary Bike) for 15 minutes or less at intensity no greater than 70% of maximum heart rate. NO resistance training.

3. Stage 3: (1 Day Minimum) Add simple movement activities (EG. running drills) for 30 minutes or less at intensity no greater than 80% of maximum heart rate

4. Stage 4: (1 Day Minimum) Progress to more complex training for 45 minutes or less at intensity no greater than 80% maximum heart rate. May add light resistance training.

5. Stage 5: (2 Days Minimum) Normal Training Activity for 60 minutes or less at intensity no greater than 80% maximum heart rate

6. Stage 6: (1 Day Minimum) Return to Full Training Sessions without restrictions or limitations on intensity or duration.

7. Stage 7: Medically ready for Full Participation in ALL Sports Activities (Minimum duration 7-days)

Quarantined Athlete Return to Activity

Name: Date of Birth:

Sport:

Date of Last Contact with Covid Positive Individual:

Does Athlete Live With A Covid Positive Individual: Yes No

If yes. Quarantine does not start until positive individual complete their isolation.

Date Student Can Return

14-Day Quarantine:

10-Day Quarantine: (No symptoms, No positive test for COVID-19, No one in your home has COVID-19)

7-Day Quarantine: (Negative PCR test after day 5, No symptoms, No positive test for COVID-19, No one in your home has COVID-19)

Day 0 Last contact Day 1 Unvaccinated should test on Day 1 Day 2 Day 3 Unvaccinated/ Vaccinated Should test on days 3-5 Day 4 Day 5 Day 6 Schedule PCR Test for early return

Day 7 Day 8 Return from 7 day quarantine Day 9 Day 10 Day 11 Return from 10 day quarantine Day 12 Day 13 Day 14 Day 15 Return from 14 day quarantine

Return to Activity After Positive COVID-19 Test

Name: Date of Birth:

Sport:

Date of Symptom Onset:

Date of Positive Test:

Last Date of Fever:

Date of Medical Exam:

Earliest Date Athlete Can Start Stage 2:

Athletes are not allowed to start exercise until whichever of the following dates is later.

· Minimum 10 days from onset, or

· Asymptomatic for 7 days

Date Completed Stage HR Max Time Description

2A 140 15 min Light Activity (Walking, Jogging, Stationary Bike)

2B 140 15 min Light Activity (Walking, Jogging, Stationary Bike)

3 160 30 min Add simple movement activities (EG. running drills)

4 160 45 min Progress to more complex training. May add light resistance training

5A 160 60 min Normal Training Activity

5B 160 60 min Normal Training Activity

6 Max Full Return to Full Training Sessions without restrictions or limitations on intensity or duration.

7 Max Full Medically ready for Full Participation in all Sports Activities

· Student-athletes will continue at current step until they are able to complete without difficulty or change in respiratory or cardiac symptoms or are back to previous physical fitness level.

· If there is significant change in respiratory symptoms or if any cardiac symptoms increase with exercise the athlete should follow up with their PCP for further guidance.