

## **Mercy Crew policies and procedures during the Covid-19 pandemic**

**The following steps will be taken during the COVID 19 Pandemic until social distancing and health guidelines are changed:**

1) Mercy Crew will create a **COVID Committee** who will help to determine how Mercy Crew will follow state, local and USRowing guidelines during this crisis.

A) No activities will occur at GWC until the state of New York and/or the federal government or other designated authorities lift restrictions.

B) All activities occurring at the GWC Boathouse will need to be approved and coordinated through the GWC before beginning.

2) All coaches and participants in any programming will be required to sign a Covid-19 specific waiver holding Mercy Crew harmless.

3) A **daily log** will be maintained identifying all coaches and participants, for the purpose of contact tracing if needed. This log will be generated daily by the head coach.

4) Coaches and participants are expected to stay home if they have any symptoms or concerns that they have been in contact with someone with symptoms. (If there are less than 2 coaches available the session will be cancelled for safety reasons). Athletes are expected to self-report symptoms, coaches will not be taking temperatures at the boathouse.

5) The use of team boats (2x, 4x, 4+ and 8+) are not recommended at this time. We will only be rowing in singles until otherwise advised. We will be borrowing singles from GWC. Mercy Crew does not own any single shells. These boats may be used by other rowers outside of our sessions.

6) Until Social Distancing guidelines are lifted we will not be holding any indoor workouts. If the weather or current does not allow us to get on the water, we will cancel the session. Coaches will communicate this as soon as possible. As per GWC guidelines only one rower is allowed in the boathouse at a time, with the exception of carrying boats.

7) The dock surfaces will not be disinfected. Rowers will be touching the dock to get in and out of the boat.

## **Mercy Crew Summer sculling sessions during the Covid-19 pandemic**

**Purpose:** This document will outline the design, roles, and responsibilities for Mercy Crew summer sculling camps during the Covid-19 pandemic.

**Background:** As a new normal emerges we would like to run sculling programs this summer. Critical elements of any plan must include **social distancing** (at least 6 feet apart), **hand**

**hygiene, Covid-19 screening**, appropriate use of **Personal Protective Equipment (PPE)**, **surface and equipment cleaning**, and creation of a **daily log for contact tracing** if needed.

**Design requirements:**

1) Prior to starting any program a **Zoom** meeting will be held to review everything with coaches, participants, and parent/guardians to assure complete understanding of the ground rules. We will be holding our Zoom meeting on Thursday, July 2nd at 7pm. Coaches will send a link as soon as possible to participants. Parents and rowers are required to attend to participate in the sculling camp.

2) Mercy Crew will supply disinfectant for the rowing and coaches' equipment.

3) Rowers and Coaches are responsible for their own mask, hand sanitizer, water bottle and a Ziploc bags to hold PPE while on the water. **Encouraged:** Rowers are encouraged to bring a drawstring bag to keep things in, to easily carry in and out of the boat. No one else is to handle their belongings.

4) **Covid screening** list: If any of these are positive then the **Coach** will tell the individual to leave and contact their physician. A) Do you or have you had Covid-19? B) Fever of 100.4 or higher? C) Cough? D) Shortness of breath? E) Travel in the last 14 days? F) Exposure to anyone with Covid-19? G) Chills, shaking with chills? H) Headache? I) Muscle pain? J) Sore throat? K) Loss of taste or smell?

7) Hand sanitizer at entry point to boathouse.

8) **Social distancing**, at least 6 feet.

9) Coaches will call each individual from the sidewalk/courtyard area between the sculling boathouse and Mercy boathouse, to get out equipment and to launch in sequence and perform Covid screening and then supervise the reverse after workout. Everyone is expected to maintain 6' of distance. Rowers will partner up to carry and hold boats on the dock. Masks will be worn until on the water, and put back on when coming off the water.

10) As per GWC current rules, rowers will use the bathroom one at a time. Washing their hands then using sanitizer before touching equipment again, after touching the door handle.

11) Sculling blade handles and shafts to the collar are wiped down with alcohol or disinfectant after use. Rowers will be assigned a set of Mercy Sculling oars at the start of camp, marked with colored tape. The rower will be directed to clean her own oars and put them away. She will be the only one touching her oars during the camp. She will get them out and put them away as directed.

12) Oarlocks or any portion of shell that has hand contact are wiped down with alcohol or disinfectant after use. We will be washing the boats with soap and water and wiping down with

towels. The boats we are using are owned by GWC, we don't know who else will be using them, other than the log that is kept at the boathouse. Mercy Crew cannot be responsible for the use of the boats outside of camp.

13) Rowers will be signing out the boats for each session in the log. Rowers are encouraged to bring their own pen.

14) Coaches will open the bay doors, gates, etc. so rowers will not be touching door handles.

15) Rowers will be allowed to keep their belongings in the wooden cubbies in the boathouse. We are the only ones who use these cubbies. It is recommended that the girls use the same cubby each day, if possible only keys and phone should be left in the boathouse, other belongings should stay in your car.

16) Rowers with masks on will be putting in the launches. We will need 2 each day. The gunnels of the launches will be wiped down, but the dolly rope cannot be easily cleaned.

#### **Rower responsibilities:**

1) They must be experienced in a single scull.

2) They must bring appropriate **PPE (mask)** and Ziploc bags. The ziploc bag will go into the boat with the mask, so that they can put it on when returning to the dock. This is the rowers' responsibility. It is encouraged that the girls bring a drawstring bag to carry the ziplock bag with their mask, shoes, water bottle, sunglasses, hand sanitizer and sunscreen in the boat.

3) They will wait on the sidewalk until checked in by coach and **Covid screened**. They will observe **social distancing** while waiting to enter the boathouse or to launch.

4) They will wear a mask and while on land. **PPE**

5) Before entering the boathouse they will wipe their hands with >60% alcohol sanitizer. **Hand hygiene**

6) They will wait outside until directed into the boathouse to get oars. Rowers will only touch the oars assigned to her.

7) Rowers will only leave keys and cell phone in the boathouse, ideally in the same cubby each day. These are wood and not easy to clean.

8) Rowers as a group will get out both launches for coaches. Rowers will only touch the gunnels of the launch.

8) They will return to the dock in an order designated by the coach return and clean their equipment to the boathouse as instructed.

9) They will put on their masks after getting out of the shell. **PPE**

10) They will carry shell to boathouse and place on stretchers. The following protocol will be performed:

A) The shell will be disinfected in all hand contact areas and disinfectant will be allowed to dry for several minutes prior to hosing the shell off.

B) The shell will be hosed off.

C) The shell will be dried and with a towel.

D) Rower will clean hands with hand sanitizer with >60% alcohol

F) The shell is placed back into the rack.

11) They will disinfect oars. **Surface and equipment cleaning**

12) Rowers will get the launches out of the water.

13) Suggestions for rowers when they get home.

A) Leave shoes outside. B) Launder clothing in hot water and high dryer temperatures. C) Shower immediately.

### **Coaching responsibilities:**

1) Coaches will determine the appropriate ratio of coach to scullers for each session. There will be at least a minimum of 2 coaches, to meet Safe Sport guidelines.

2) Coaches will wear **PPE** while on land. Will perform **hand hygiene** frequently. Observe appropriate **social distancing**.

3) Coaches will open bay doors and close bay doors so that rowers will not be touching door handles.

3) Only one coach allowed per launch. Coaches will use the same launch each day, same life jacket, and same megaphone to limit the spread.

4) Coaches are responsible for wiping down launch and other surfaces such as megaphones.

5) Coaches will bring appropriate **PPE** into the launch in case of emergency.

6) Coaches will be responsible for fueling the launches and carrying the gas tanks. Coaches may need to help put launches in and away.

7) Suggestions for coaches and other personnel when they leave.

A) Leave shoes outside. B) Launder clothes in hot water and high dryer temperatures. C) Shower immediately.

8) Shall be charged with enforcing all safety measures.

9) Will supervise that equipment is properly cleaned and returned to the boathouse after use.

10) Will maintain the **daily log for contact tracing** if needed.