

COVID-19 Waiver and Guidelines **for the Chattanooga Rowing Center**

(Effective June 8th, 2020)

Guidelines:

- **In and around the facility**
 - Masks must be worn while in the boathouse, on the dock or apron
 - A 6-foot minimum distance should be maintained between all individuals
 - The upstairs of the boathouse (locker rooms, erg room, and office) are closed to all members for the month of June, with potential reopening in July.
 - All rowers will meet in the boat bays through the doors at the bottom of the hill
 - There will be no more than 10 individuals in the boathouse at any one time
- **Use of equipment**
 - Rowing will be available at your convenience, but remember NO CONGREGATING and focus on a “get in, train, get out” approach
 - There will be coached sessions available for sign-up where athlete numbers are expected to increase within the facility (schedule on following page)
 - Athletes should use the same boat and oars for each row, and will record usage either with a staff member, online reservation system, or the LRC logbook
 - All equipment should be adequately washed and sanitized after every use, with comprehensive cleaning of the facility each evening after hours
 - Only singles will be rowed, unless individual athletes share the same household then larger boats can be rowed (2x/- or 4x/+)
 - A couple of ergs will be placed in the repair bay for use by members while the upstairs is closed. Use of the ergs will be recorded in the same way as the boats, sanitized by athletes before and after use, and kept a minimum of 12-feet apart.
- **Athlete Health Monitoring**
 - All athletes should complete the daily survey before each row, and/or communicate the answers with a staff member
 - Any athlete known to be exposed to a person who has been sick and/or diagnosed with COVID-19 must report to the boathouse staff if the rower was physically present at the boathouse within the prior 14 days, and the individual must self-quarantine for 14 days before returning to the boathouse.
 - Athletes who feel sick should contact their coach or boathouse staff, and not attend practice or come to the boathouse
- **Single (1x) - Safe Environment**
 - Singles should NOT be rowed when
 - The river current is above 55,000 cfs (per TVA website/app)
 - There are visual whitecaps on the river, or the wind is steady above 12mph or gusting above 20mph
 - There are storms with thunder or lightning within 30 miles
 - There is fog on the river, unless visibility to shore is at least 100 yards
 - It is dark without staff-approved lights on the boat

Boathouse Staff Contact: David Hall - (423) 883-6041 - halldb1@gmail.com