



COVID-19 Operational Protocols 10/12/2020

RIDGEWOOD CREW

COVID-19 Indoor Training Safety Protocols

Ridgewood Crew is committed to the health and safety of all rowers, coaches, and members in our program. The following Ridgewood Crew safety and operational measures are based on the latest COVID-19 guidance from the CDC, NJ Department of Health. These measures have been put in place for the health and safety of all rowers, coaches, and families in our program and are to be strictly adhered to. Failure to comply will result in denial of participation.

CORE PRINCIPLES

1. Athletes must follow the rules and regulations set forth by the CDC and the NJ Department of Health.
2. Training should focus on a “get in, train, get out” approach, minimizing unnecessary contact.
3. Individuals should always maintain social distancing of at least six (6) feet in all areas when social distancing is required. This includes coaches, athletes, and staff. If possible, separate entrances and exits should be created to optimize social distancing.
4. Coaching staff and parents/guardians should wear face masks at all times. Athletes should wear face masks (including cloth face coverings, surgical or hospital masks) when not engaging in vigorous activity. Face masks are not required when persons are engaged in high intensity aerobic or anaerobic activities, and when engaged in activities that may cause the cloth face mask to become wet. When face masks are not worn, efforts should be made to maintain at least 6 feet from others.
5. Athlete, coach, and staff health must be monitored by the program director at least daily.
6. All athletes, coaches and staff should sanitize or wash their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols regularly.
7. Care shall be taken to pay attention to cleaning commonly touched items in our area of training such as doorknobs, locks, gates, etc. Any shared equipment that is being used, will be thoroughly cleaned and disinfected with alcohol (70% minimum) disposable surface wipes before and after each use.
8. Athletes shall carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available.
9. All athletes, coaches and staff should bring their own water and drinks to practice.



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RETURN TO TRAINING/ATHLETE HEALTH MONITORING

1. Any individual (athletes, coaches, and staff) returning to training needs to have been in that general geographic location for 14 days prior to coming to the pen. All individuals who have returned from a location that is on the NJ Travel Advisory List of States will be required to quarantine from practice for 14-days: <https://covid19.nj.gov/faqs/nj-information/travel-and-transportation/which-states-are-on-the-travel-advisory-list-are-there-travel-restrictions-to-or-from-new-jersey#direct-link>
2. Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to a designated person at the club 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.
3. **All individuals must self-monitor for symptoms of COVID-19 daily. These symptoms include: fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. If any of these symptoms exist the person should not come to the pen.**
4. **Athletes, coaches and staff must arrive to the practice facility wearing a mask. Masks are to be worn when not engaged in vigorous activity.**
5. If individuals feel any of the symptoms mentioned in #3 during or after practice, contact the coaches and/or Ridgewood Crew Board member and do not attend practice. The individual should reach out to his or her doctor for assistance.
6. If an individual has had a documented case of COVID-19, they will need a note from their doctor indicating they are cleared to resume participation in training.
7. If training in groups, it is recommended to train in the same group and not mix training groups in order to decrease the risk of exposure across groups.

Additional Information

Consult the following sites for up to the date information regarding Covid-19:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.nj.gov/health/cd/topics/ncov.shtml>

https://www.nj.gov/health/cd/documents/topics/NCOV/COVID_GuidanceForSportsActivities.pdf