

Phase 2 Recovery

Allowable Activities	Protective Measures	Risk Metrics
<ul style="list-style-type: none"> ● 1x small boat rows for members and 2x's for family groups only. ● Shell size increase to 2-, 2x's, 4x's and 4+ <ul style="list-style-type: none"> ○ Group boats allowed outside of family groups and preference for less experience rowers safety ● No contact with rowers and coach, only safety and verbal coaching. From a minimum distance of 10 feet. Coach safety launch will be equipped with a rescue ladder to avoid contact for a routine water flip rescue. <ul style="list-style-type: none"> ○ Private lessons may be scheduled or small groups up to 4 rowers one coxswain. ○ Small erg sessions: spaced 6 feet apart <ul style="list-style-type: none"> ■ Follow cleaning reqs ● Rowers allowed will have show no symptoms and do not have susceptible immune systems as outlined by CDC ● Sessions will be 105 minutes to enable ample practice time and maintain social distancing guidelines in launch and land pattern 	<ul style="list-style-type: none"> ● Sessions will be held in a staggered launch and landing pattern (3 min windows per launch time) to maintain social distance measures and group size measures ● One bottle/shell of sanitary spray <ul style="list-style-type: none"> ○ Entire shell, and contact areas must be sprayed and wiped down. ○ Shells sprayed before use and after use ● Latex gloves and mask must be worn prior to and during launch and must be reapplied upon landing ● Repair kits will be provided for each shell and the individual is responsible for fixing minor issues. (spacers, bolts, seat wheels) ● One set of oars per shell and handles cleaned after each row with the same spray and towel. 	<ul style="list-style-type: none"> ● 2-4 shells launch at a time with individuals being more than 20 feet apart at all times. ● 2 shells will be paired to circumnavigate the lake for safety purposes. <ul style="list-style-type: none"> ○ Shells will maintain 20 foot distance minimum unless of clear and present danger in an emergency situation ● Major fixes such as glass work will require the boat be to fully sanitized and taken out of rotation and fixed by the coach ● Individuals who show any symptoms must self-quarantine and notify club leadership immediately <ul style="list-style-type: none"> ○ All proximity athletes will be notified and will be instructed to get tested ○ All sessions will be suspended until the individual has received their test results. ● If a member fails cleaning responsibility they will be removed from schedule