

Phase 3 Maintenance

Allowable Activities	Protective Measures	Risk Metrics
<ul style="list-style-type: none"> ● 1x small boat rows for members and 2x's for family groups and. <ul style="list-style-type: none"> ○ Shell size increase to 2-, 2x's, 4x's and 4+ ○ Group boats allowed outside of family groups and preference for less experience rowers safety ● Shell increase size all boats (8+s) ● Sessions will be operating at full capacity ● 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 plus coxswain. ○ Full 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 safe as whole group with social distancing measures in place prior to and during launching and landing ● One bottle/shell of sanitary spray <ul style="list-style-type: none"> ○ Entire shell, and contact areas must be sprayed and wiped down. individual is responsible for bring towel to and from session to clean at home ● Shells sprayed before use and after use ● Latex gloves must be worn prior to and during launch and must be reapplied prior to 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. ● Group boats cleaning reqs apply 	<ul style="list-style-type: none"> ● 2-4 shells launch at a time with individuals being more than 20 feet apart at all times. ● shells will be paired in groups to circumnavigate the lake for safety purposes. <ul style="list-style-type: none"> ○ Shells will follow standard safety guideline as set by Head Coach, ARA Board and USRowing ● 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. ● Multiple sessions will require increased diligence of cleaning. Head Coach will oversee cleanliness of big boats ● If a member fails cleaning responsibility 1x; warning with 1 week suspension ● 2x removal for remainder of season

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