

Phase 4 New Normal

Allowable Activities	Protective Measures	Risk Metrics
<ul style="list-style-type: none"> ● All Shells are available to row. ● Pods will begin to be cycled out, more switching and mixing of line ups, with the intent of removing “pods” all together ● Sessions will be operating at full capacity ● No maskless contact with members/coach outside of Pods (dock, shell pen area) ● Private lessons may be scheduled in or small groups up to 4 plus coxswain. <ul style="list-style-type: none"> ○ Full erg sessions spaced 6+ feet apart ■ Follow cleaning reqs ● Rowers will have shown no symptoms and do not have susceptible immune systems as outlined by CDC 	<ul style="list-style-type: none"> ● Groups, individuals who choose to remain in a Pod will make their intentions known. This will provide a protective barrier from those who are uncomfortable with a return to the “old” normal. ● Pods containing vaccinated rowers will not be required to wear masks. ● Pods containing unvaccinated rowers are required to sign a waiver ● Entire shell: contact areas must be sprayed and wiped down. individual is responsible for bringing towel to and from session to clean at home 	<ul style="list-style-type: none"> ● There will be a launching order to swiftly launch all boats in an organized and socially distanced fashion. <ul style="list-style-type: none"> ○ Shells will follow standard safety guideline as set by Head Coach, ARA Board and USRowing ● Individuals who show any symptoms must self-quarantine and notify club leadership immediately <ul style="list-style-type: none"> ○ All proximity athletes/Pods will be notified and will be instructed to get tested ○ Sessions for that Pod 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 ● 2x, 1 week suspension