

CCMR COVID-19 Protocols 2022

Cape Cod Masters Rowing will be resuming on-water activities on Long Pond in May. Please note, these guidelines are subject to change depending on local and state regulations, so be sure to check in here, at the beach, and also TeamSnap for any updates. The current procedures are as follows:

- CIRA will follow town and state masking and social distancing protocols, when in effect.
- If Rowers or Coaches feel ill or have a fever, have been diagnosed with COVID-19, or have been in close contact with someone diagnosed with COVID-19, they cannot row. They cannot attend rowing practice and we ask that they not come to the beach. It is recommended they get COVID-19 test and see a doctor as soon as possible. Return to rowing is based upon town/state guidelines.
- MASTERS: Boat reservation is done using the TeamSnap app.
- YOUTH: Coaches will assign boats.
- While Town restrooms may be unavailable, a portable toilet will be on-site.
- Rowers are responsible to supply their own masks, but the first-aid kits now include disposable masks that are available when necessary.
- There is a specific process for accessing equipment in the Harwich trailer. Rowers enter through the side door, pick up their oars, and exit through the back door. They are responsible for cleaning their equipment before and after use.