



Milwaukee Rowing Club

SPRING 2021 - ADULT ROWING PROTOCOLS

All Adult members who are cleared to row MUST follow the protocols below. Members not cleared to row in an unsupervised shell are NOT permitted to row at this time. (Failure to comply with these protocols may result in temporary revocation of access rights to the Boathouse)

SPRING 2021 ADULT ROWING

Effective: After dock installment on March 28

Who may row?:

- Experienced Adult members who are cleared to row
- Must be a 2021 registered member ([Register here](#))
- Singles, doubles, quads, fours and eights are permitted only through the underlying guidelines
- All members must reserve their shell and list all rowers at least 24 hrs in advance - [MRC Shell](#)

[Reservation](#)

Objective: Creating an environment for MRC Adult members to have a rich experience in rowing in singles and larger shells under protocols and guidelines aimed to mitigate COVID-19 risk factors. Participation is voluntary.

SPRING PROTOCOLS AND GUIDELINES

AT THE BOATHOUSE: Our club is working under a “get in, train, get out” approach. Members are not to linger around the boathouse before or after rowing. Members MUST adhere to physical distancing guidelines in the area around our facilities and our workout sessions.

- RESTROOMS: The Boathouse restroom is NOT to be used unless necessary (emergency) – clean all surfaces after use (toilet, sink, door handle, etc.) with the wipes available in the restroom.
- GEAR: The cubbies are NOT available for use. Do not bring any baggage, gear, or equipment down to the Boathouse (you may store only your keys)

PHYSICAL DISTANCING: All members are required to keep their distance and remain at least 6ft apart wherever possible. Individuals must stay at least an oars length from any members outside of their crew.

MASKS/FACE SHIELDS: All members MUST wear a mask from arrival to departure. This refers to the time spent before, during, and after rowing. Members in a single scull are the ONLY members permitted to remove their mask upon pushing off of the dock. All members in a double or larger shell must row in a mask (Note: if ALL members of a crew are from the same household, they may row without a mask). Masks must be worn on the dock, on the plaza, and in the boathouse. Coxswains will also be required to wear a face shield in addition to a mask when coxing an eight.

HAND SANITIZER: Hand Sanitizer is available in the boathouse in multiple areas and must be used each time a member enters the boathouse. Each member is encouraged to carry their own sanitizer if they wish.

EQUIPMENT: All members must follow our equipment cleaning and disinfecting guidelines. You MUST use wipes/disinfectant on the oar handles and seated area in the shell before and after use. Follow steps from the [MRC Disinfecting Process Youtube video](#)

WATER BOTTLE: Each member must have his/her own water bottle. No sharing of water bottles is permitted, nor is there a space for refills.

GROUPS/PODS: Members who choose to row in doubles or larger shells are expected to be mindful of their contact with others. Ideally, you will row with the same person or persons for each row. The more crossover you have with other members, the greater the risk. All lineups MUST be input in the online MRC Shell Reservation before you row.

COVID-19 WAIVER: All members must have a signed COVID-19 Waiver in order to participate in 2021 Spring Rowing. The waiver is present in the lower portion of this document. This waiver is in addition to our general liability waiver required to become a member of the club.

MEMBER SCREENING PROTOCOL

- Members are expected to self-monitor for symptoms of COVID-19 daily
- Prior to coming to any Milwaukee Rowing Club practice or activity, or engaging with any other members, each individual must complete the [COVID-19 Self-Screener](#).
- Any member exhibiting symptoms compatible with COVID-19 are not permitted to row, must self-monitor, and follow the steps in the guideline matrix on the next page.

HEALTH AND EXPOSURE GUIDELINES

- If someone feels sick, they should NOT enter the Boathouse. The individual should reach out to his or her doctor for assistance and strongly consider testing.
- Members are NOT to come to the Boathouse if they have close contact with or live with someone who has tested positive for COVID-19. These members should contact their physician, and get tested.
- Members who test positive for COVID-19 must have physician clearance to return to the Boathouse; notify Roger before planning on returning.

MEMBER	HEALTH GUIDELINE
Member is exhibiting a COVID-19 symptom	Self-isolate and do not return to the boathouse until you are clear of all symptoms and/or have physicians clearance.
COVID-19 exposure as a close contact	<p>The member must self-monitor and quarantine.</p> <p>Member may return to the Boathouse after 10 days from last exposure to the infected individual if the athlete remains symptom free OR member may return to practice after 7 days from last exposure to infected individual if the member remains symptom free AND receives a negative PCR test result (test must occur on day 6 or later from last exposure)</p>
Member has positive COVID-19 Test	<p>Isolation; close contact list submitted to health provider, member also notifies any other members on contact list, and Roger.</p> <p>The member is not permitted to return to the Boathouse until cleared to do so. Doctor clearance required.</p> <p>Notify other members on the contact list. Notified members should follow secondary exposure guidelines.</p>

EXPECTATIONS OF OUR MEMBERS

These protocols are important in allowing our members to safely row. We request that all of our members do their part to create a safe environment, including staying safe outside of the boathouse through social distancing, wearing a mask in public and other CDC guidance.

The following MRC Community Infection Control Agreements are expected to be followed by all members who participate in on-water workouts:
I will do everything in my power outside of the boathouse to allow all members at MRC to remain safe
I will wear a mask when I am in public spaces (stores, cafes, school, etc.)
I will practice social distancing outside of the boathouse (6ft whenever possible)
I will not attend group gatherings, group hangouts, parties, etc.
I will partake in careful hygiene practices (washing hands, hand sanitizer, not touching my face, etc)

MRC COVID-19 HOLD HARMLESS WAIVER

All members opting to participate in rowing on the water this spring are responsible for signing and returning the [Milwaukee Rowing Club COVID-19 Hold Harmless Waiver](#). This must be submitted prior to participation in any on-water sessions.