

Hingham High School Rowing Association

Covid-19 Protocols Fall 2020

Hingham High School Rowing association is committed to the health and safety of its members and the greater community as a top priority. As we begin rowing this fall, in light of Covid-19, we are guided by the [Re-opening the boathouse and return to training protocols](#) set forth by USRowing, the national governing body of the sport of rowing, as well as State, local and town regulations. We will adjust our protocols as these guidelines evolve, and will stay up to date on new ruling and guidance offered by these authorities.

Online registration through the HHSRA website will require every participant's agreement to abide by all procedures and policies, as well as agreement by all coaches. Persistent non-compliance with any element of these rules will result in disciplinary action up to removal from the program.

Preliminary protocols HHSRA will observe in the return to rowing:

Masks

- Masks are to be worn by all athletes, participants, staff and coaches at all times.
- **Land Workouts:** masks must be worn during warm up and post exercise cool down. Masks are only permitted to be removed during workouts, after the groups have appropriately distanced themselves and only once coaches have instructed.
- **Single Rowing:** Masks can be removed once on the water in a single but should be put back on when returning to the dock.
- **Group Rowing:** While on the water, athletes must have their masks on at all times. Water work is technical only, and there will be no high-intensity training on the water. Gloves are optional.
 - Coxswains in stern-coxed boats MUST wear masks and wrap-around eye protection while on the water.
 - Training in team boats is permitted when the local infection rate is less than 50 new cases per 100,000 people in total for the last seven-day period or 7.14 daily new cases per day. Coaches will monitor this daily and provide weekly status reports to the athletic director.
- Coaches and Staff must have their masks on at all times, except for when they are by themselves in their launch

Group training & Social Distancing

- Whenever possible, physical/social distancing of at least 6 ft should be maintained.

- When entering the park, athletes should come in in groups of 2-6 and separate themselves at least 6 ft.
- Training groups are assigned and will be restricted to 8-9 members per group. We will train in the same groups and limit mixing training groups in order to decrease the risk of exposure across groups.
- Each athlete/group will be assigned the same pieces of equipment daily
- Each athlete should carry their equipment to and from the launch site
- Ergs and any other indoor equipment should be spaced at least 6 feet apart and should be staggered so athletes are not in the slipstream of someone directly in front of them.
- All ergs and equipment must be wiped down with disinfectant before and after every use. No exceptions.
- When meeting with coaches, physical/social distancing should be maintained.
- Participants will be discouraged from congregating before and after practice.

Cleaning Station(s) Set up Daily

- Buckets with disinfectant for oar handles and boats, spray bottles, wipes will be set up daily
 - All athletes must wash/sanitize their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols daily
- Check-in table with hand sanitizer/hand washing station will be available
- HHSRA staff to oversee the supplies and set-up/take down

Daily Check-in Table/Launching & Landing Procedures

- All participants check-in at a station that will be managed by a coach/staff member. Participants must respect social distancing of at least 6 feet while waiting to be checked in, and should not proceed to check in until the previous individual has left.
- When launching, do not proceed until the previous boat has exited the area. Crews waiting to launch should wait at the edge of the beach while at Bare Cove Park, and to the side of the dock entry ramp at HMC. The goal is to have no more than one boat at the launch site at a time.
- Participants will be given their boat/oar assignment by a coach.
- Coxswains will be assigned one head set and coxbox for the entire season. It is their job to maintain their equipment and inform coaches of any technical issues.
 - Coxboxes must be disinfected and returned at the end of each practice.
- Participants will carry assigned boat and oars to and from the dock. All equipment will be wiped down and disinfected after use.
 - Oar handles will be disinfected. Put in designated rack.
 - Spray clean boat - rigger, tracks, shoes, seat and seat compartment. Area where boat was carried.

- Each crew needs to wait their turn in bringing the boat and oars up. They will go down in order of their assigned launch spot.
- Upon return, boats go up first and are put in slings. Slings will be set up and spaced out.
- Put away: after wipe down, leave for at least 24 hours until next use.

Signs & Personal Items

- Communal spaces are closed and there will be no storage of personal items at our practice location. Athletes should only bring what they need for practice.
 - We will observe a carry-in/carry-out policy and any items left behind at the end of practice will be disposed of.
- Signs requiring maintaining social distance, use of cleaning stations, wearing of masks while on-premise, and disinfectant systems upon return of equipment will be posted in visible locations.
- Coaches will keep all personal coach supplies in their cars and bring each day.
- Bathrooms will not be available at this time.

Health Monitoring

- All athletes, participants and coaches will be asked and must agree to self-monitor for symptoms of COVID-19 daily, including taking their temperature daily.
 - Completion of the daily health monitoring survey is required to practice, survey results will be reviewed before being allowed to finish check-in
- Those with temperatures of 100.4 and above are asked to not come to practice.
- If someone feels sick, they must contact their coach and not attend practice. The individual should reach out to his or her doctor for assistance.
- Any individual (athletes, coaches, and staff) who leaves the state of Massachusetts during the season must comply with [state regulations](#) for 14 day quarantine or negative COVID test upon return. Any individual that travels to any part of the state that is classified as "red/yellow" must inform HHSRA via the daily symptom screening survey.
- If an individual has had a documented case of COVID-19, they must receive clearance from their doctor to resume training.