



Procedures and Protocols for Rowing

These guidelines are drafted to allow CBRC members to stay safe and healthy while rowing during this time. Please use common sense and always stay at least 6 feet from others. By working together, we can stay safe, healthy, and active!

Eligibility for rowing:

- Current CBRC member with paid dues.
- Current up to date USROWING membership.
- Signed contract to abide by the terms of the re-opening procedures, including daily personal wellness checks.

General Principles:

- Get in, row, and get out.
- Maintain 6 feet physical distance from others at all times.
- Disinfect all touched surfaces on shared equipment after use.
- No use of indoor exercise equipment or bathrooms at the boathouse.

DO NOT COME TO THE BOATHOUSE IF:

- If you are feeling unwell. [CBRC Wellness checklist](#)
- If you have been exposed to a person who has been sick and/or diagnosed with COVID-19 in the past 14 days or if you have tested positive for COVID-19 in the past 14 days.
 - *Please notify a coach if you were physically at the boathouse in the last 14 days and have been exposed to a person who has been diagnosed with or suspected to have COVID-19 in the past 14 days or if you have tested positive for COVID-19. Note: You will be required to self-quarantine for 14 days before returning to the boathouse.*
- Consider staying home if you are in the “[at risk](#)” population as defined by the CDC.

What to do before leaving home:

- Change into your rowing gear.
- Warm up and stretch.
- Pack and bring:
 - Your mask
 - A personal container of hand sanitizer.
 - Your pre-filled water bottle – no filling of water bottles at the boathouse.
- Wash your hands.

What to do when arriving at CBRC:

- Remain in the car until assigned practice time.
- If gathering with teammates, maintain 6 feet of distance.
- Put on your mask prior to entering boat bays.

At the boathouse:

- Place car keys in designated space.
- Use hand sanitizer provided when entering.
- Leave all other belongings in your car.
- No more than 2 people in a boat bay at a time.
- Maintain at least 6 feet separation from others at boathouse, on ramp, and on dock.
- Enter the bays on the right side, leave on the opposite side.
- Obey any direction from the coaches.
- Enter the boathouse to take out/return blades, shells, and slings only.
- Use hand sanitizer after touching any potentially contaminated surfaces.

Launching:

- Carry your own oars, lights, speed coach, and other items down to the dock or fence.
- Carry slings out of the boathouse and set up.
- Carry boat to water.
- Stay at least 6 feet from anyone on the dock. Do not pass on the ramp.
- Launch boat and remove your mask.

Returning to the boathouse:

- On docking, put your mask back on.
- Carry oars and lights to the fence next to the dock.
- Sanitize hands.
- Put your boat on the rack and disinfect the cockpit, foot stretches, seat, and other touch points (bow/stern).
- Carry oars and lights up to the boathouse.
- Spray oar handles with disinfectant.
- Put oars in racks and spray carrying points with disinfectant.
- Spray lights, slings, and speed coach with disinfectant and put away.
- Sanitize hands.
- Leave the boathouse immediately after you have put away and disinfected your equipment.

If you have any questions or comments regarding the above protocols, please email us at commencementbayrowingclub@gmail.com