

SWAN CREEK ROWING CLUB COVID 19 RULES FOR ROWING

MARCH 2021

The Club has adopted the following rules to protect its members in accordance with (1) the State of New Jersey Department of Health Guidance, (2) the requirements of the State of NJ Special Operations Permit granted to SCRC and (3) USRowing recommendations.

We hope and expect that the State Guidance will be revised as the season progresses to be less stringent. The Club rules will be updated in response to State Guidance and USRowing recommendations.

Please review and comply with the rules.

Contact president@swancreekrowing.com with questions.

SCHEDULING PRACTICES AND RESERVING EQUIPMENT

Training should focus on a “get in, train, get out” approach, minimizing unnecessary contact.

Rowing in all classes of boats is allowed. However, members are strongly encouraged to consider dividing larger teams into smaller groups and staggering practices at different times or across different days.

The Youth Crews are following this approach.

Masters rowers are encouraged to stagger their practices and form set groups for rowing team boats.

Row in groups of no more than 10 people (nine athletes and one coach).

All participants should row in the same group each day if possible and not cross over to different groups to limit cross-group exposure.

Members are to continue to use the iCrew boat reservation system; and to be observant of others' reservations to avoid crowding at site.

ARRIVING AT AND DEPARTING THE SITE AND USE OF PUBLIC RESTROOMS

All masters and youth rowers and groups are responsible for self-checking temperature prior to each practice. Anyone with a temperature of 101.5 degrees F should not come to the boat site.

Any rower who tests positive or knows to have come into contact with a person who has tested positive is to (1) report that to the coach (for youth or masters coached sessions) and to others with whom they have rowed in the same boat or at the same time, (2) report that to the President of the SCRC Board (president@swancreekrowing.com) and (3) refrain from coming to the site for 14 days.

Vaccinations ARE NOT a substitute for these guidelines. All individuals who have been vaccinated for COVID should continue to follow these guidelines including wearing masks and maintaining proper physical/social distancing.

Wear an effective face-covering and maintain 6-foot separation while on land at boat site.

Wear a mask in the launch if there are two or more people.

All rowers and rowing groups are responsible for supplying and using hand sanitizer prior to arriving at the site.

Parents should remain in or near their vehicles while waiting to pick up youth.

All members are to maintain social distancing when using the public restrooms adjacent to the site. The State has posted signage on the restrooms. Please read it and follow the rules.

USE OF EQUIPMENT; LAUNCHING AND RETURNING TO THE RAMP

For all shared equipment, all touched surfaces, including oar handles, boats, tools, and outboard engines are to be cleaned with disinfectant prior to and following each practice.

When launching, especially if multiple crews are launching at the same time, row away from the ramp area promptly. Adjust foot stretcher on the water, not at the ramp.

Crews returning to the ramp at the end of practice must allow crews or other boats (e.g., fishing boats, kayakers) at the ramp to clear the area prior to landing the boat.

Coxswains in eights or other stern-coxed boats, must wear a well-fitting mask (or a surgical mask) and wrap-around eye protection while on the water.

Each coxswain must provide their own wrap-around eye protection and Cox-Box headset.

Access to the equipment trailer is limited to coaches. No personal items are to be stored or placed in trailer during practices.