

Duluth Rowing Club

COVID-19 Policies and Procedures

The Duluth Rowing Club takes COVID-19, and any and all public health concerns, very seriously. In making decisions about programming and in developing these policies and procedures, the DRC Board of Directors intentionally seek and follow guidance authored by US Rowing, The US Centers for Disease Control (CDC) and State, County, and Local government. A cautious and measured approach to this crisis will best and quickest bring us back to enjoying the physical, mental, and spiritual benefits that rowing provides.

General Guiding Principles – COVID-19 Response

Policy 19.1, Sixth Edition, May 2, 2022

- 1) The Duluth Rowing Club and its members must follow state and local rules and regulations set forth by the public health authorities including group size. In the case of a discrepancy, the DRC shall abide by the most cautious reasonable restriction.
- 2) The DRC has dedicated to follow the science concerning Covid precautions as that science has been interpreted by the US Centers for Disease Control, the Minnesota Department of Health, and US Rowing. The current guidance from all of those bodies recognizes a strong distinction between fully vaccinated and not-fully vaccinated people and the DRC will adopt policies accordingly.
- 3) Unvaccinated individuals shall maintain social distancing of at least six (6) feet in outdoor areas and twelve (12) feet in indoor spaces unless they are masked.. Vaccinated individuals need not maintain any particular social distance. Masks may be removed by unvaccinated members while clear of the dock in a single or in a double/pair in which both participants are from the same household.
- 4) Members using rowing center facilities and equipment must monitor their health and virus risk factors daily, vaccinated or not, including not only their own health, but also the health of those other individuals that they come in close contact with. An unvaccinated member who has reason to believe that they have COVID-19 or is in close contact with someone who has reason to believe they have COVID-19 may not use rowing center facilities or equipment, regardless of the extent to which social distancing and environmental disinfection is done until 10 days has elapsed from the exposure or first presentation of symptoms AND their temperature has remained below 100.4° F for at least 24 hours without fever-reducing medication(s). A vaccinated member who experiences symptoms of Covid-19 may not use rowing center facilities or equipment, regardless of the extent to which social distancing and environmental disinfection is done, until they are no longer symptomatic. Health and virus risk factors are addressed in the current edition of DRC COVID-19 Policy and Procedure 19.3 – Individual Health and Safety.

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Definitions – COVID-19 Response

Policy 19.2, Sixth Edition, May 2, 2022

- 1) As regards the Duluth Rowing Club response to the COVID-19 Response, the following definitions shall apply. All other terms shall be defined by their common and established usage.
- 2) **COVID-19:** The term 'COVID-19' shall refer to the novel iteration of coronavirus first identified in 2019, formerly referred to as 2019-n-CoV. The terms shall not refer to other iterations of coronavirus. COVID-19 is a severe acute respiratory syndrome (SARS), although recent research has identified impact on non-respiratory systems, including neurologic impact and a multi-system inflammatory syndrome in children. COVID-19 is thought to spread mainly from person to person, mainly through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Spread is more likely when people are in close contact with one another. COVID-19 is easily spread.
- 3) **Disinfect:** The term 'Disinfect,' including, but not limited to variants such as disinfected and disinfecting, shall refer to the treatment of an area, surface, or piece of equipment with a substance or mixture of substances identified by the CDC and the EPA as effective against COVID-19 for at least the minimum contact time required to be effective against COVID-19.
- 4) **DRC Buildings:** The term 'DRC Buildings' shall refer to the inside of any enclosed structures on the Duluth Rowing Center campus and shall specifically include the inside of the Boat House and Club House.
- 5) **DRC Grounds:** The term 'DRC Grounds' shall refer to the Duluth Rowing Center Campus excluding the inside of any enclosed structure herein defined as DRC Buildings and shall specifically include the parking lot, dock ingress and egress paths, and docks.
- 6) **Face Covering:** The term 'Face Covering' shall refer to a covering of cloth or other material covering both the mouth and nostrils of the wearer and designed for the purpose of limiting the distribution of respiratory particles. A face covering meeting this definition may be, but need not be, of surgical grade or bearing an institutional grade such as N95 and may be, but need not be, homemade.
- 7) **Face Shield:** The term 'Face Shield' shall refer to a face covering that covers the forehead, extends below the chin, and wrap around the side of the face.
- 8) **Household:** The term 'Household' shall refer to the group of other individuals in which an individual resides and maintains close contact with for at least the previous ten (10) days regardless of biological or legal relationship. The term 'household' may also be referred to as a single 'vector' as that term is defined and used by the World Health Organization to describe 'living organisms that can transmit infectious pathogens between humans, or from animals to humans.'
- 9) **Self-Quarantine:** The term 'Self-Quarantine' shall refer to a period of not less than ten (10) days, exclusive of the day of exposure or days in which an unvaccinated member or an individual of their household exhibits symptoms, during which an unvaccinated Member abstains from use of DRC equipment, buildings, and grounds. A complete course of self-quarantine would consist of the day of exposure or days in which the member or an individual in their household exhibits symptoms plus ten (10) days, if no symptoms are experienced OR the day of first presentation of symptoms plus ten (10) days, so long as their temperature has remained below 100.4° F for at least 24 hours without fever-reducing medication(s).

- 10) **Social Distancing:** The term 'Social Distancing' shall refer to a period of time in which the geographic area in which the Duluth Rowing Club is situated is under a requirement or strong recommendation by federal, state, county, or local government or US Rowing or NWIRA that participants:
- a) Maintain social distance; or
 - b) Wear a cloth face covering if not fully vaccinated.
- 11) If a condition of social distancing is the subject of a recommendation, rather than a requirement, the DRC Board of Directors shall make the determination as to whether the recommendation is a 'strong recommendation' concerning the application of this provision.
- 12) **Vaccinated:** The term "Vaccinated" with reference to an individual shall mean that at least fourteen (14) days have elapsed since the individual has received a single dose vaccine or the second dose of a two-dose vaccine, the vaccine having been granted use or emergency use certification by the US Food and Drug Administration. At the time of the approval of this edition of this policy, three vaccines, the two-dose vaccines by Pfizer and Moderna and the single dose vaccine by Johnson & Johnson, meet this definition. The definition of "Vaccinated" further requires that the individual has received every follow-up Covid booster immunization to which the individual is entitled. The entitlement to booster immunizations may be dependent upon participant age and the passage of time since the participant's last immunization or booster immunization.

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Individual Health and Safety – COVID-19 Response

Policy 19.3, Sixth Edition, May 2, 2022

- 1) Masks shall always be worn in and around DRC Buildings and DRC Grounds by unvaccinated participants unless they can maintain a social distance of at least six (6) feet outdoors and twelve (12) feet indoors. Masks may be removed by unvaccinated members while clear of the dock in a single or in a double/pair in which both participants are from the same household.
- 2) Member health must be monitored at least daily as follows:
 - a) Any unvaccinated individual returning to the boathouse or to a training environment needs to have been in that general geographic location for 10 days prior to coming to the boathouse.
 - b) Any unvaccinated individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to the program director if the rower was physically present at the boathouse within the prior 10 days, and the individual must self-quarantine or isolate for 10 days before returning.
 - c) All individuals must self-monitor for symptoms of COVID-19 daily. Each person shall take their temperature daily prior to arrival at the boathouse. If their temperature is 100.4 degrees or over, the person shall not come to the boathouse.
 - d) A vaccinated member who experiences symptoms of Covid-19 shall not come to the rowing center until they are no longer symptomatic and shall wear a mask as if an unvaccinated individual for 5 days following the last day of symptoms
 - e) If someone feels sick, they shall contact their coach and not attend practice. The individual should reach out to his or her doctor for assistance.
- 3) All Members shall disinfect their hands or wash their hands with soap and water for at least 20 seconds upon arrival and shall follow hand-washing/disinfecting protocols regularly.
- 4) In the locker rooms, masks shall be worn at all times by unvaccinated members except while showering.
- 5) The DRC Youth Rowing Program may have additional policies and rules which exceed these rules.

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Use of DRC Buildings – COVID-19 Response

Policy 19.4, Fourth Edition, May 2, 2022

- 1) Unvaccinated members should use their own equipment or the same pieces of equipment such as oars and adaptive equipment such as seat cushions, grip aids, etc.
- 2) Unvaccinated members shall retrieve and carry their oar set out of DRC Buildings unless a club-appointed person is available to get equipment in order to reduce the number of people in a DRC Building.
- 3) All oars should be disinfected after use by an unvaccinated member. A Concept2-endorsed protocol for disinfecting oars shall be described and equipment provided at oar racks in each DRC Building.
- 4) A unvaccinated member shall retrieve and carry their own boat out from and into a DRC Building before and after use. The member may seek and receive assistance from another member so long as the unvaccinated member is masked.
- 5) Shared equipment, such as boat winches, slings, and boat trolleys/carts, shall be thoroughly cleaned and disinfected as appropriate.
- 6) While in or at DRC Buildings, social distancing shall be maintained by unmasked and unvaccinated members. Multiple boats leaving or returning to a boat bay shall be allowed only if proper social distancing or masking requirements can be met. Masks shall be worn at all times by unvaccinated members while in or at a DRC Building if it is likely that they may not be able to maintain adequate social distancing as described above. Entrance and exit doors should remain open while the facilities are in use, but use of fans shall be limited unless the facility is only being used by one member.
- 7) In the locker rooms, masks shall be worn by unvaccinated members at all times except while showering.

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Use of DRC Grounds – COVID-19 Response

Policy 19.5, Fourth Edition, May 2, 2022

- 1) Unvaccinated members shall retrieve and carry their oar set to the dock and back from the dock to a DRC Building after use.
- 2) Unvaccinated members shall retrieve and carry their own boat to the dock and back from the dock to a DRC Building after use. The member may seek and receive assistance from another member so long as the unvaccinated member remains masked.
- 3) All oars should be disinfected after use by an unvaccinated member. A Concept2-endorsed protocol for disinfecting oars shall be described at equipment provided at oar racks in each DRC Building.
- 4) Shared equipment and fixtures, such as boat winches, slings, and boat trolleys/carts, shall be thoroughly cleaned and disinfected as appropriate.
- 5) While on or at DRC Grounds, social distancing or masking shall be maintained by unvaccinated members. Multiple boats leaving and/or returning to a dock shall be allowed only if proper social distancing or masking requirements for unvaccinated members can be met. Masks shall be worn by unvaccinated members at all times while at or on DRC Grounds.
- 6) .
- 7) Masks shall be worn by unvaccinated members on the DRC Grounds at all times in which the unvaccinated member cannot assure social distancing as described in these policies.

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Use of DRC Equipment – COVID-19 Response

Policy 19.6, Fourth Edition, May 2, 2022

- 1) All oars should be disinfected after use by unvaccinated members. A Concept2-endorsed protocol for disinfecting oars shall be described and equipment provided at oar racks in each DRC Building. Unvaccinated members shall retrieve and carry their oar set to the dock and back from the dock to a DRC Building after use.
- 2) Unvaccinated member(s) using a club boat shall retrieve and carry the boat to the dock and back from the dock to a DRC Building after use. The member may seek and receive assistance from another member so long as the unvaccinated member(s) remain masked. Club boats shall be disinfected after use by an unvaccinated member(s) using a disinfecting spray provided.
- 3) Privately owned boats and privately owned oars need not be disinfected before or after use by an unvaccinated member unless and until assistance is requested or received from an individual who is not part of the owning member's household.
- 4) Shared equipment and fixtures, such as boat winches, slings, and boat trolleys/carts, shall be thoroughly cleaned and disinfected as appropriate. Equipment and products for disinfecting and instructions for proper use shall be available in DRC Buildings.
- 5) A physical logbook will be provided and shall be used by all members to log when they are on the water for the purposes of rower safety and contact tracking if necessary. Members shall record their rowing sessions in the logbook whether they use a club boat or their own private boat. The logbook may also be used to note any mechanical issues with DRC equipment. This mechanism serves purposes beyond that of Covid 19 and, therefore, shall be used regardless of vaccination status.