

Duluth Rowing Club

COVID-19 Policies and Procedures

The Duluth Rowing Club takes COVID-19, and all public health concerns, 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 the Covid-19 epidemic aids in bringing us back to enjoying the physical, mental, and spiritual benefits that rowing provides.

Policy and Procedure – COVID-19 Response

Policy 19.1, Sixth Edition, June 16, 2022

- 1) All prior Covid-19 Policies and procedures, including but not limited to Policy 19.1 through 19.6 inclusive and prior iterations of the Duluth Rowing Club Covid-19 Preparedness Plan are and shall be hereby revoked in favor of the below policy and procedure.
- 2) At her discretion, the head coach of the DRC Youth Rowing Program may enact policies and procedures more stringent than those enumerated here with the full support of the DRC Board of Directors.
- 3) For the purposes of these policies and event policies addressing Covid-19 precautions, the term “fully vaccinated” shall refer to the condition of having received a full primary course of either the Moderna, Pfizer, or Johnson & Johnson Covid-19 vaccine as well as all booster vaccinations to which a person is entitled.
- 4) As to adult, non-junior, DRC members who are fully vaccinated:
 - a) Members shall monitor their health daily for symptoms of Covid-19. A non-inclusive list of Covid-19 symptoms includes:
 - i) Fever or chills
 - ii) Cough
 - iii) Shortness of breath or difficulty breathing
 - iv) Fatigue
 - v) Muscle or body aches
 - vi) Headache
 - vii) New loss of taste or smell
 - viii) Sore throat
 - ix) Congestion or runny nose
 - x) Nausea or vomiting
 - xi) Diarrhea
 - b) Semi-Quarantine - Members shall monitor their contacts with people in their household and in the community for exposure to people who contract Covid-19. If the member has a close contact, defined as both being within six feet of a person with a confirmed case of Covid-19 within the past 48 hours AND being with said person for a cumulative total of at least 15 minutes in those same 48 hours, the member may continue to participate in DRC activities but shall wear a close-fitting mask until the tenth full day following the day of the close contact.
 - c) Isolation - Members who experience symptoms of Covid-19 shall refrain from participating in DRC activities and shall, prior to resuming DRC activities:
 - i) Administer or have administered a viral test for Covid-19.
 - ii) If the viral test for Covid-19 yields a negative result, the member may resume DRC activities.
 - iii) If the viral test yields a positive result, the member shall refrain from DRC activities for five full days with the earlier date of the positive test or onset of Covid-19 symptoms being day zero and may not resume activities until the five days have past AND the member:

- (1) Has been fever-free for the last 24 hours without a fever reducing medication; and
 - (2) Covid symptoms are improving. Note that some symptoms, particularly the loss of taste and/or smell, may continue well after recovery.
- d) Following the end of isolation under subpart c) above, the member may resume participation in DRC activities, but shall wear a close-fitting mask until the tenth full day after the earlier of a positive test or the onset of Covid 19 symptoms.
- 5) As to adult, non-junior members who are not fully vaccinated:
- a) Members shall wear a close-fitting mask while participating in DRC activities, except that the member may remove his or her mask in a single shell when that shell is away from the dock or in a double/pair shell when the partner is a member of the not fully-vaccinated member's immediate family and the shell is away from the dock.
 - b) Members shall monitor their health daily for symptoms of Covid-19. A non-inclusive list of Covid-19 symptoms includes:
 - i) Fever or chills
 - ii) Cough
 - iii) Shortness of breath or difficulty breathing
 - iv) Fatigue
 - v) Muscle or body aches
 - vi) Headache
 - vii) New loss of taste or smell
 - viii) Sore throat
 - ix) Congestion or runny nose
 - x) Nausea or vomiting
 - xi) Diarrhea
 - c) Quarantine - Members shall monitor their contacts with people in their household and in the community for exposure to people who contract Covid-19. If the member has a close contact, defined as both being within six feet of a person with a confirmed case of Covid-19 within the past 48 hours AND being with said person for a cumulative total of at least 15 minutes in those same 48 hours, the member shall refrain from participating in DRC activities and shall, prior to resuming DRC activities:
 - i) Administer or have administered a viral test for Covid-19 on or after the fifth full day following exposure. The date of close contact is considered day zero.
 - ii) If the viral test yields a positive result for Covid-19, isolate as described below in subpart c) below.
 - d) Isolation - Members who experience symptoms of Covid-19 shall refrain from participating in DRC activities and shall, prior to resuming DRC activities:
 - i) Administer or have administered a viral test for Covid-19.
 - ii) If the viral test for Covid-19 yields a negative result, the member may resume DRC activities.
 - iii) If the viral test yields a positive result, the member shall refrain from DRC activities for five full days with the earlier date of the positive test or the onset of Covid-19 symptoms being day zero and may not resume activities until the five days have past AND the member:
 - (1) Has been fever-free for the last 24 hours without a fever reducing medication; and
 - (2) Covid symptoms are improving. Note that some symptoms, particularly the loss of taste and/or smell, may continue well after recovery.
- 6) To the extent practicable, members, whether fully-vaccinated or not, shall attempt to maintain a social distance of six feet from other members.

- 7) To the extent practicable, members shall maximize natural ventilation in buildings by opening doors but shall refrain from using fans that may project respiratory droplets.
- 8) To the extent practicable, members shall adopt a “get in, train, get out” posture as to high traffic areas such as the changing rooms, shell storage areas, and the docks.
- 9) Members shall be aware that these policies were adopted at a time when the CDC level of risk in St. Louis County was ‘medium’ and that more stringent precautions may be adopted if the risk level returns to ‘high.’