**MANCHESTER ROWING ALLIANCE**

**FALL 2020**

**COVID-19 PROCEDURES**

1. Rowers and coaches will observe 6-foot physical distancing.

2. Rowers will be required to submit to daily temperature checks, a symptom check, and the use of hand sanitizer before exiting their cars. Rowers will not be allowed to row if they have a fever or are experiencing any COVID-19 symptoms.

3. Everyone will wear a mask while on land, on arrival, during launching, when returning onto the dock and until departure.  If rowers do not agree/comply with wearing a mask, they will not be able to row.

4. Rowers will use singles, or, if in the same household or social bubble, they may row in doubles.

5. Boats and oars will be cleaned using a bleach solution (4 tsp bleach to 1 gallon water) sprayed after each use and left to dry.  Special areas to spray include oarlocks, footstretcher wingnuts, oar handles, and oar shafts where they are carried.

6. All attendance plans will be made through iCrew, and rowers will log into iCrew as attending at least 24 hours prior to each practice to minimize time spent face-to-face on land changing boat assignments.

7. Coaches will complete practice plans and line-ups on iCrew at least 12 hours before practice so face-to-face time on land is minimized.

8.  If a rower becomes sick with COVID-19, they will not be allowed to row again until they have completely recovered and have tested negative twice.

9.  If someone rows with another person who contracts the virus, that person will not be allowed to participate in MRA activities for 14 days and will be required to have a negative COVID-19 test.

10. A spray bottle of anti-viral/anti-infective cleaner will be placed inside the port-a-potty for before/after use.

11.  All rowers will carry their own oars, water bottles, and other equipment down to the launch site.  Rowers will work together to carry boats, maintaining 6-foot physical distancing.

12. Stroke coaches, tools, and all miscellaneous shared equipment will be cleaned after use with disinfectant spray.

13.  We strongly discourage carpooling during COVID-19, but if you carpool to practice, you will need to wear a mask while in the vehicle.  If someone in your carpool gets sick, the entire carpool will not be able to participate in MRA activities for 14 days and must provide a negative test result before returning to practice.

I have read the COVID-19 Procedures above and agree to comply with them.  If I do not follow these procedures, I will be asked to leave practice.  Continued noncompliance will result in being unable to row for the remainder of the session.  No refunds will be issued if I or someone I row or carpool with becomes sick.

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Rower’s Signature and Date

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Parent’s Signature and Date