

ROWING



USRowing Event/Registered Regatta Planning Guidelines Post-COVID-19

*Version 2.0
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(Substantive changes are highlighted in yellow.)

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content is provided for general informational purposes only. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

The knowledge and circumstances around COVID-19 are changing constantly and, as such, USRowing makes no representation and assumes no responsibility for the accuracy or completeness of this information. The guidelines in this document are subject and subordinate to federal, state and local laws, rules, ordinances and regulations that apply to your event location (“Applicable Laws”). USRowing does not condone or recommend disregarding or engaging in conduct not in conformity with Applicable Laws. In the event of any conflict or inconsistency between the guidelines in this document and any Applicable Laws, the Applicable Laws shall control.

USRowing Guidelines for Event/Registered Regatta Planning

USRowing is dedicated to protecting the health and safety of our members. With that in mind, the purpose of this document is to provide local organizing committees and event planners with information they can use to help develop protocols to resume regattas and events in the context of COVID-19.

As this document is meant to guide both large and small regattas in varied locations with differing resources, it should be used to help each local organizing committee or event planner develop a plan that is specific to their situation. Many of the recommendations rely upon rules and regulations set forth by public health authorities, which will be different across the country. These recommendations should be adapted to match the local prevalence of COVID-19 in their area.

Additionally, it is every LOC and event planner’s responsibility to make sure [SafeSport requirements](#), general [rowing safety protocols](#) and [Registered Regatta requirements](#) (if



applicable) are in place. Failure to provide a safe rowing environment are grounds for suspension or revocation of organizational membership and decertification of a regatta.

General Guidelines:

- All regattas **must follow state and/or local rules and regulations** set forth by the public health authorities including group size. **When regulations differ between state and local authorities, organizations should follow the guidelines of the overriding authority for their location. Please check your state and local ordinances to confirm the overriding authority. Each organization's protocols and policies should be clear as to whether state or local serves as the overriding authority.**
- All LOCs and event planners must develop a risk mitigation plan, including a medical plan (see below), specific to COVID-19 for their specific venue/regatta. In consultation with the Chief Health Officer and the Chief Referee, the Regatta Director should sign off on the risk mitigation plan and ensure that it is being executed properly. The mitigation plan must be posted on the event website a minimum of seven days prior to the event and be available for review on site at the venue.
- Regattas must appoint a Chief Health Officer (e.g. doctor, registered nurse, local public health official, local emergency services director, nurse practitioner, physician assistant, etc.) for the event who has decision-making authority to cancel the event based upon public health risk. The Chief Health Officer should sign off on the medical plan and ensure that it is being executed properly. The Chief Health Officer should be independent of the Regatta Director.
- Only singles (1x) should be allowed to race at regattas in order to maintain proper physical/social distancing when physical/social distancing is recommended.
- At this time, it is recommended that no team boats should be allowed until physical/social distancing guidelines are lifted due to the possibility of the transmission of the disease through respiratory signature. A respiratory signature is the footprint we leave in the air every time we expel air from our lungs through our nose and/or mouth. This can be anything from simply exhaling to talking, laughing, sneezing or coughing.

In addition to physical/social distancing, masks should always be worn at the venue. Masks may be removed once on the water in a single but should be put back on when returning to the dock. Masks should be worn in addition to physical/social distancing.

- As every state, region and city will be different in their recovery, regattas should limit participants to their local areas to help prevent the spread of disease and avoid introducing the disease from another area. Event organizers should use maps provided by the states to help determine their region and "hot spots" for disease transmission.
- **Events should be limited to one-day events, limiting the need for overnight stays. Limit participation to crews from organizations who can safely drive to and from the event on the same day (roughly 120-140-mile radius or a two-hour drive.) In addition, participants should be limited to those who come from areas that meet the WHO recommendations regarding infection rates (50 new cases per 100k) listed above.**



- Events should limit spectators as much as possible and follow state and local guidance on whether to allow spectators. If spectators are permitted, individuals should minimize in-person contact with people not residing in the same household. Individuals should practice physical/social distancing, wear face masks, wash or sanitize hands frequently and avoid sharing utensils or other common objects.

Financial Impact of Cancellation

- It is likely that events will frequently need to be cancelled due to recurrent outbreaks of COVID-19, making event planning less predictable. Event organizers should consider if the financial impact of an event cancellation close to the time of the event will have a significant negative financial impact on the event organizer, associated organizations, athletes, officials, or spectators.
- Event organizers should also consider whether the financial risk can be mitigated through means such as event insurance, establishing financial impact timelines for cancellation, rescheduling the event for a later date, or negotiating a contract that limits negative financial impact (e.g., no guaranteed hotel blocks, no guaranteed minimum catering costs, etc.).

Event Date/Location

When choosing an Event Date, consider the following:

What are the state **and/or** local rules and regulations set forth by the public health authorities, including group size and physical/social distancing requirements, and what are the available public health resources in the local area? **Which entity (state or local) serves as the overriding authority?**

- Have athletes had enough time to adequately prepare for the event in order to decrease their chance of injury and compete at the appropriate level?
- Is the venue prepared to and capable of meeting additional safety and sanitation requirements by the scheduled date? These include:
 - Develop, train, and implement increased daily sanitization protocols for common surfaces, restrooms, equipment, and facilities.
 - Make hand sanitizer, disinfecting wipes, soap and water, or similar disinfectant, readily available throughout the venue and facilities.
 - The following CDC links provide further guidance on cleaning and disinfecting your venue/facilities and sanitation protocols.
 - [Cleaning and Disinfecting Your Facility](#)
 - [Considerations for Youth Sports](#)
 - [CDC Activities and Initiatives Supporting the COVID-19 Response and the President's Plan for Opening America Up Again \(pages 45-48\)](#)

When choosing an Event Location, consider the following:

- Choose an area with limited or no active COVID-19 transmission.
- **Limit participants to the local area to help prevent the spread of the disease. Remember that when people travel from outside the region, they are introducing the risk of the region**



from which they came and increasing the risk to the region to which they are returning. Limit participation to crews from organizations who can safely drive to and from the event on the same day (roughly 120-140-mile radius or a two-hour drive.)

- Events should be limited to one-day events, limiting the need for overnight stays.
- In addition to the infrastructure and available resources normally expected to run a Registered Regatta (e.g., venue security, transportation, lodging, restaurants, etc.), does the area have the necessary public health resources to support running a regatta at this time?
- If lodging is required, are there enough rooms available to practice proper physical/social distancing?
- Does the venue have separate access/egress routes for athletes, coaches, event staff, spectators, etc.?
- Does the venue have enough dock space and trailer space to properly social distance when physical/social distancing is required?
- Does the venue provide for an appropriate medical setup and is there a way to isolate a person with a suspected infection?
- Under the current COVID-19 circumstances, does the regatta have the required number of referees to ensure the safety and fairness of the regatta?
- Do the regatta organizers provide appropriate Personal Protection Equipment (PPE) when needed to ensure the safety of referees and other volunteers?
- Is there signage and other means of communication that provides information on what to do if an individual begins to feel sick or there is suspicion of possible COVID-19 infection at the venue?

Event Planning

- Regattas must appoint a Chief Health Officer (e.g. doctor, registered nurse, local public health official, local emergency services director, nurse practitioner, physician assistant, etc.) for the event who has decision-making authority to cancel the event based upon public health risk. The Chief Health Officer should sign off on the medical plan and ensure that it is being executed properly. The Chief Health Officer should be independent of the Regatta Director.
- All LOCs and event planners must develop a risk mitigation plan, including a medical plan (see below), specific to COVID-19 for their specific venue/regatta. In consultation with the Chief Health Officer and the Chief Referee, the Regatta Director should sign off on the risk mitigation plan and ensure that it is being executed properly. The mitigation plan must be posted on the event website a minimum of seven days prior to the event and be available for review on site at the venue.
- Events must have a risk mitigation plan in place in order to be approved as a Registered Regatta. **The risk mitigation plan must be sent to USRowing at least one month prior to the regatta date for initial review.**
- Use the following World Health Organization resources to help assess the risk of your event and develop your risk mitigation plan.



- [Key Planning Recommendations for Mass Gatherings in the Context of the Current COVID-19 Outbreak](#)
- [Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19](#)
- [WHO mass gatherings COVID-19 risk assessment tool for sporting events](#)
- [Mass gatherings COVID-19 decision tree](#)
- Obtain approval for the event from local government authorities in accordance with Applicable Laws.
- Work closely with county and state public health authorities to obtain the most accurate information regarding the local COVID-19 situation, facilitate sharing of information, ensure coordination of public health resources, and ensure proper public health policies and procedures are in place.
- Develop a medical plan with particular attention to COVID-19 factors.
- Determine who will be allowed at the event.
 - Group people into Tiers from essential to non-essential and decide which Tiers will be allowed at the event.
 - Tier 1 (Essential): Athletes, coaches, officials, event staff, medical staff, security, anti-doping officials, essential volunteers (stakeboat holders, safety/referee launch drivers, etc.)
 - Tier 2 (Preferred): Media, remaining volunteers, recovery staff (e.g., massage therapists)
 - Tier 3 (Non-essential): Spectators, vendors

Criteria for Attending/Participating in the Event

- Limit attendees/participants to the local area (people who can safely drive to and from the event on the same day - roughly 120-140-mile radius or a two-hour drive) to help prevent the spread of the disease and avoid introducing the disease from another area. Event organizers should use maps provided by the states to help determine their region and “hot spots” for disease transmission.
- Events should be limited to one-day events, limiting the need for overnight stays.
- If an athlete has had a case of documented COVID-19 infection, they need to be medically cleared by their physician to participate in the competition. It is the competing organization’s responsibility to ensure that its athletes have been cleared to compete.
- Attendees/participants who have had contact with anyone who has had COVID-19 within 14 days of the event need to have met with their physician to assess viability of safe participation.
- Encourage individuals at high risk for severe illness not to attend the event.
 - Risk factors include:
 - > 65 years of age
 - Moderate to severe asthma
 - Chronic lung disease
 - Serious heart conditions



- Immunocompromised
- Severe obesity
- Diabetes
- Liver disease
- Living in a nursing home or long-term care facility

Event Medical Plan

The event medical plan should pay particular attention to COVID-19 factors. This plan should include, but is not limited to, the following:

- Identify local healthcare resources (e.g., urgent care facilities, emergency rooms, ambulance services)
 - Notify them of the event time and location
 - Develop the event's medical plan with their input
 - Create a flyer with the name, address and contact number for local healthcare resources that can be given to athletes, coaches, event staff, officials, media and spectators.
- Establish the medical team leadership structure.
- Determine the required number and type of medical personnel.
- Clearly define the roles and responsibilities of medical team members.
- Ensure all event medical personnel has completed COVID-19 education.
- Determine how to address a potential case of COVID-19 at the venue.
- Determine necessary medical supplies and infrastructure to address a potential case of COVID-19.
 - Appropriate PPE supplies for staff (medical, cleaning crews, referees, volunteers, etc.)
 - On-site medical facility or medical transport
 - Isolation protocols
 - Communication protocols

Prevention Measures

- Event organizers should be able to control access to high-traffic areas of the venue.
- Provide pre-event communications guidance on the criteria for attending/participating in the event (listed above) to all those planning to attend.
- Promote self-monitoring for signs and symptoms both before and during the event through a variety of communications platforms including email, website, social media, handouts, posters, announcements, texts, etc.
- Encourage those with symptoms to remain at home.
- Provide policies or screening procedures for those permitted access to the venue.
- Consider screening anyone attending/participating in the venue for signs and



symptoms (including temperature checks) of COVID-19.

- Have event staff observe individuals at the venue for signs or symptoms of COVID-19. If an individual is identified with these signs and symptoms, follow your established medical plan for addressing a potential case of COVID-19.
- Develop procedures that ensure physical/social distancing at the venue including entrances, exits, lightweight weigh-in areas, docks, boatyard, and spectator seating areas.
- Team tent areas should not be allowed unless proper physical/social distancing can be maintained within the tent and between team tents. Buffet-style food service should be prohibited in team tents or in concession areas.
- Provide hand sanitizer in multiple targeted locations throughout the venue (i.e., near areas/items frequently touched by multiple people).
- Public drinking fountains should be closed.
- Each individual should provide their own water, hydration and food.
- Athletes should use their own towel and hygiene products.
- Provide facial tissue throughout the venue with adjacent trash receptacles.
- Establish a frequent cleaning schedule for high-touch areas using disinfectant before, during, and after the event.
- Athletes should use and handle their own equipment. If this is not possible, equipment must be cleaned before and after each use.
- Weigh-in scales should be cleaned before and after each use.
- Staff performing cleaning should wear appropriate PPE to prevent contact with potentially contaminated surfaces/items and protect from toxicity associated with cleaning products.
- Create a notification process for all event athletes, coaches, event staff, media, spectators and vendors if the organizers/medical personnel learn of suspected or confirmed cases of COVID-19 at the event.

Insurance Guidance from Assured Partners

“Exclusion of Loss Due to Virus or Bacteria Endorsement CP 01 40 07 06

*This endorsement makes an explicit statement regarding a risk that is not covered under your Commercial Property insurance. It points out that there is no coverage under such insurance for loss or damage caused by or resulting from any virus, bacterium or other microorganism that induces or can induce physical distress, illness or disease.” ***

What Does this Exclusion Mean for Return to Rowing?

During this unprecedented time, much uncertainty surrounds the above policy language. Philadelphia Insurance Company is ultimately the final arbiter on the application of this policy language to any individual situation. However, it is important for Rowing members to be aware



of this policy language, as well as the policy's other terms and conditions, when making decisions about operating in a COVID-19 environment. At a minimum, there is significant uncertainty about all of the insurance-related implications of COVID-19 and members should proceed cautiously.

Mitigation Advisories

All club board members should be assessing their federal, state, and local mandates daily for updates to any social-distancing protocol. Upon reopening, there should be evident precautionary measures put in place. Signs stressing the importance of maintaining social distance, hand sanitizer stations, masks and gloves while on-premise before launching, and strong disinfectant procedures upon return of used oars are just a few possible recommendations. See our website for important COVID information at <https://www.assuredpartners.com/Coronavirus-Resources>

Will My USRowing Coverage be Negated Due to COVID?

If your organization is currently a member in good standing, all verbiage within the master policy is still in force upon return to rowing. This includes coverage for member club premises and member club operations including, but not limited to, camps/clinics, on-water practices, events and activities otherwise not excluded. The same applies for registered regattas. If you are a USRowing-sanctioned regatta in good standing, all verbiage within the master policy is in force for the regatta.

Please Note: Failure to abide by federal, state, and local mandates including, but not limited to, physical/social distancing protocols may lead to possible gray areas within the verbiage of your policy. If practices take place prior to your state's green light reopening phase or a regatta is held contrary to federal, state and local guidelines, it may potentially impact the USRowing General Liability insurance.

Policy Lines

Your club's General Liability insurance through USRowing is just one of the many coverage options that may exist for your club. We recommend taking the time to check the status of your Equipment, Directors and Officers, Property, and Auto as well. These are separate, stand-alone policies that can be reviewed with an [Assured Partners Account Executive](#) upon request.

***As per the Philadelphia Insurance Company policy #PHPK2078245 Insured USRowing et al*



Modified Referee Procedures for COVID-19

I) Introduction

This document updates the Referee Procedures Manual with modifications that are required to maintain the safety of both Competitors and Race Officials at a Registered Regatta. These modifications apply solely to the Referee Procedures Manual and do not change any rule in the Rules of Racing; they simply update how we will be enforcing the rules under the auspices of COVID-19.

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. Race Officials should seek advice from medical professionals and/or public health officials if there are specific questions about the Regatta.

These modified procedures shall be considered in force as long as USRowing and the Referee Committee determine that there is a need.

Applicable Laws

The knowledge and circumstances around COVID-19 are changing constantly and, as such, USRowing makes no representation and assumes no responsibility for the accuracy or completeness of this information. The procedures in this document are subject and subordinate to federal, state, and local laws, rules, ordinances, and regulations that apply to the Regatta ("Applicable Laws"). USRowing does not condone or recommend disregarding or engaging in conduct not in conformity with Applicable Laws. In the event of any conflict or inconsistency between the procedures in this document and any Applicable Laws, the Applicable Laws shall control.

The scope of our responsibility as Race Officials extends to enforcement of the Rules of Racing and includes any modifications to those rules as published in the Regatta packet. You may address Competitors and coaches about the safety requirements of the Regatta but should not engage the public in general. If you are uncomfortable with the actions of the public, alert your Chief Referee and they will work with the Regatta Director and other resources to address the situation.



General Standards

Race Officials shall adhere to these general standards while working in all positions whenever possible. The goal of these standards is to help us reduce the risk of disease transmission while we are working as Race Officials.

- Do not officiate if you are not feeling well or a person who has close, sustained contact with you is not feeling well.
- Physical distancing (aka social distancing) is a minimum of six (6) feet of separation between people.
- Personal Protective Equipment (PPE) is a mask. Masks shall cover both the nose and mouth. Gloves are optional but are not a substitute for frequent hand washing. Eye protection is optional. Bring your own PPE and do not rely on the LOC to provide PPE for you. Information about masks can be obtained from the World Health Organization or your state/local public health commission.
- Wear PPE at all times at any assigned position when physical distancing cannot be maintained between yourself, other officials, volunteers or Competitors.
- In many assigned positions, it is critical that you can be clearly heard and understood. It is possible to speak clearly with a mask on and if you need to speak loudly it is safer with a mask. You should only remove the mask if Competitors are unable to understand and respond to your instructions. In those extreme cases, you shall minimize the amount of time that you are not wearing a mask. Droplets will travel farther with loud speaking.
- Bring your own food and a bottle of water. Don't rely on the LOC to provide food for the day.
- Clean all of your equipment after the Regatta even if you didn't use it.
- If you must loan equipment to another Race Official or volunteer, it shall be sanitized prior to providing it to that person.
- Sharing of equipment (e.g. two Race Officials handing a megaphone back and forth) is discouraged. If it must be done, the equipment must be sanitized prior to exchanging it with the Race Official you are sharing with.
- Be aware that in most cases the Competitors may not be able to maintain physical distancing at their boat trailers and walking to the launch area.

II) Regatta Race Official Positions and Procedures

Chief Referee

The Chief Referee will fulfill his or her role by performing the duties listed in the Rules of Racing and Referee Procedures Manual. In addition to those duties, the Chief Referee shall:



- Work with the LOC on planning outlined in the USRowing Event/Registered Regatta Planning Considerations Post-COVID-19.
- Work with the LOC to ensure that additional PPE as needed is provided.
- Work with the LOC to ensure scheduling of races takes into consideration additional time required for weigh-ins.
- Communicate frequently with Race Officials to ensure they are healthy and available for the Regatta.

Pre-Regatta Meeting

The Chief Referee shall work with the LOC to determine how to hold the pre-regatta meeting in a location that allows for physical distancing. If the meeting is in person, all attendees to the meeting shall wear masks. If physical space is not available that would allow for physical distancing, the Chief Referee may choose an alternate method of delivering the information. This may be in the form of:

- a video posted to a Regatta website;
- a series of pre-regatta meetings that allow for physical distancing to be maintained while addressing a smaller group of Competitors;
- a video conference the night before the Regatta;
- bulleted notes to highlight aspects of the operation of the Regatta posted to the Regatta website.

In addition to standard topics, the meeting shall address any special procedures related to COVID-19 modifications. Additional questions may be handled on site, one-on-one with physical distancing measures.

Other Facilities

The Chief Referee shall work with the LOC to determine locations that allow for physical distancing to support:

- the Race Officials pre-regatta meeting;
- the hearing of a protest by a jury;
- addressing general questions and concerns by Competitors;
- athlete weigh-ins;
- Boat weights (if boats are being weighed).

Control Commission

The *control commission* is where Race Officials have the largest amount of contact with Competitors, volunteers and the general public. Review the General Standards in Section 1 to determine when you shall wear a mask.



Perform each procedure as described in the Referee Procedures Manual unless it is explicitly modified below.

Athlete Weigh-Ins

- Weigh-ins shall take place in a location that allows for Competitors to maintain physical distancing.
- In addition to the listed equipment, hand sanitizer and FDA approved sanitizing wipes shall be provided by the LOC in order to sanitize all scales (including practice scales if they are provided) between Competitors.
- If a Competitor is wearing socks, it is not necessary to sanitize the scales between Competitors

Procedure - Coxswain

Perform the procedure as described in the Referee Procedures Manual with the following modifications:

- Prior to the Coxswain stepping on the scale, ask them to wipe the scale off with a sanitizing wipe, then ensure that the scale reads 0 and has not moved from its designated location.
- If deadweight is required, have the Coxswain seal the deadweight after it has been verified by having them step back onto the scale to re-weigh with the deadweight
- Certify the deadweight by having the Coxswain write the date and amount on the dead weight. Using minimal interaction with the deadweight, have the Race Official add a distinguishing mark to the deadweight. A stamp or checkmark in a different color may be a good way to achieve this.
- Hand the wristband to the Coxswain and observe them attach it around their wrist

Procedure - Lightweights

Perform the procedure as described in the Referee Procedures Manual with the following modifications:

- Prior to the Competitor stepping on the scale, ask them to wipe the scale off with a sanitizing wipe, then ensure that the scale reads 0 and has not moved from its designated location.
- Hand the wristband to the Competitor and observe them attach it around their wrist

Boat Weighing

- Boat weighing shall take place in a location that allows for physical distancing.

Boat Launching/Recovery

- Make sure that you are familiar with any safety rules that have been added to the Regatta packet.



Procedure - Boat Launching - Safety Checks

Perform the procedure as described in the Referee Procedures Manual with the following modifications:

- Safety checks shall be done visually.
 - If the Race Official has concerns about the safety of equipment, they shall have the Competitor demonstrate that the equipment meets the requirements in the Rules of Racing.
 - If the equipment in question is for an Adaptive Rowing Event, the Competitor or a team member helping the Competitor may demonstrate that the equipment meets the requirements in the Rules of Racing.

Start Marshal

Review the General Standards in Section 1 to determine when you shall wear a mask. Common scenarios where the *start marshal* may not need to wear a mask include:

- You are the only person in your launch.
- You are marshaling from a shore based installation and are able to physically distance from others.

In addition to the equipment listed, the *start marshal* shall have extra masks for interactions with Competitors who do not have a mask and FDA approved sanitizing wipes or cleaning supplies for the launch. Masks shall be available for all occupants of the launch plus a minimum of two extras, preferably enough for the largest crew racing (e.g. nine for an 8+ plus additional for the launch driver, *start marshal*, and any other passengers).

Perform each procedure as described in the Referee Procedures Manual unless it is explicitly modified below.

Procedure

Perform the procedure as described in the Referee Procedures Manual with the following modifications:

- If illness or other safety issues:
 - Assess the situation and notify the appropriate resource (e.g. Medical, additional safety launch).
 - Only remove a Competitor from the boat if there is no way for the Competitor to return safely to an area where they can be treated (e.g. where they launched).
 - If the Competitor needs to be removed from the boat and can safely be removed:
 - Ask the Competitor to put on a mask. Provide one from the launch if needed.
 - Take the Competitor in the referee launch to the nearest medical personnel.



- After securing the safety of the Competitor(s), notify the Chief Referee of the Competitor's status and any additional resources necessary.
- After the Competitor(s) have left the launch, use the provided cleaning supplies to clean the areas that the Competitor(s) touched.

Notes

The following note is added to those that are in the Referee Procedures Manual:

- If a Crew is being attended to by the *start marshal*, the *start marshal* shall wear a mask.

Judge at Start

Review the General Standards in Section 1 to determine when you shall wear a mask. Common scenarios where the *judge at start* may not need to wear a mask include:

- You are acting as both the *judge at start* and the *aligner*.
- You are able to physically distance yourself from the start and all volunteers working in that area.

The *judge at start* shall wear a mask when training the stakeboat holders unless the *judge at start* is able to physically distance themselves from the stakeboat holders. Stakeboat holders shall wear PPE at all times due to their proximity to the Competitors.

Perform each procedure as described in the Referee Procedures Manual. There are no special procedural modifications.

Starter

Review the General Standards in Section 1 to determine when you shall wear a mask. Common scenarios where the *starter* may not need to wear a mask include:

- You are the sole person on the starting platform and are physically distant from the start bridge/stations.

Perform each procedure as described in the Referee Procedures Manual. There are no special procedural modifications.

Referee

Review the General Standards in Section 1 to determine when you shall wear a mask. The nature of the setup in a typical launch following races does not allow for physical distancing.



In addition to the equipment listed, the *referee* shall have extra masks for interactions with Competitors who do not have a mask and FDA approved sanitizing wipes or cleaning supplies for the launch. Masks shall be available for all occupants of the launch plus a minimum of two extras, preferably enough for the largest crew racing (e.g. nine for an 8+ plus additional for the launch driver, *referee*, and any other passengers).

Perform each procedure as described in the Referee Procedures Manual unless it is explicitly modified below.

Procedure - Stoppage in the Starting Area

Perform the procedure as described in the Referee Procedures Manual with the following modifications:

- If illness or other safety issues:
 - Assess the situation and notify the appropriate resource (e.g. Medical, additional safety launch).
 - Only remove a Competitor from the boat if there is no way for the Competitor to return safely to an area where they can be treated (e.g. where they launched).
 - If the Competitor needs to be removed from the boat and can safely be removed:
 - Ask the Competitor(s) to put on a mask. Provide one from the launch if needed.
 - Take the Competitor(s) in the referee launch to the nearest medical personnel.
 - After securing the safety of the Competitor(s), notify the Chief Referee of the Competitor's status and any additional resources necessary.
 - After the Competitor(s) have left the launch, use the provided cleaning supplies to clean the areas that the Competitor(s) touched.
 - Communicate the resolution to the *assistant starter*.
- If broken Equipment:
 - Approach the Crew wearing PPE.
 - Determine the extent of the damage and whether it can be resolved on the water.
 - Communicate what is required to the Chief Referee (e.g. Crew name, women's 8+, seven seat back stay).
 - Communicate with the *starter* to receive instructions for the Crew in question and the other Competitors in that Race.
 - If it can be resolved on the water, maneuver the launch to a location where you can interact with a single member of the Crew.
 - Provide a PPE for that Competitor.
 - Hand any tools or repair equipment (e.g. duct tape, etc.) to the Competitor.
 - When the Crew has affected their repair, receive the tools or repair equipment back.



- The Competitor shall keep the PPE that they were provided.
- The *referee* shall use the provided cleaning supplies to clean the tools or repair equipment prior to stowing them.
- If it cannot be resolved on the water, provide instructions to the Crew and the other Competitors in the Race as to what to do next.

Notes

The following note is added to those that are in the Referee Procedures Manual:

- If a boat capsizes and Competitor(s) need to be rescued from the water, follow the modified procedure for Illness or other safety issues.

Chief Judge

Review the General Standards in Section 1 to determine when you shall wear a mask. The nature of the setup at a typical finish line does not allow for physical distancing.

Perform each procedure as described in the Referee Procedures Manual. There are no special procedural modifications.

Finish Marshal

Review the General Standards in Section 1 to determine when you shall wear a mask. Common scenarios where the *finish marshal* may not need to wear a mask include:

- You are the only person in your launch.
- You are marshaling from a shore based installation and are able to physically distance from others.

In addition to the equipment listed, the *finish marshal* shall have extra masks for interactions with Competitors who do not have a mask and sanitizing wipes or cleaning supplies for the launch. Masks shall be available for all occupants of the launch plus a minimum of two extras, preferably enough for the largest crew racing (e.g. nine for an 8+ plus additional for the launch driver, *finish marshal*, and any other passengers).

Perform each procedure as described in the Referee Procedures Manual unless it is explicitly modified below.

If you observe a Competitor(s) in distress follow the procedure below. These are the same steps that the *start marshal* and *referee* perform when dealing with illness or other safety issues.



- Assess the situation and notify the appropriate resource (e.g. Medical, additional safety launch).
 - Only remove a Competitor from the boat if there is no way for the Competitor to return safely to an area where they can be treated (e.g. where they launched).
- If the Competitor needs to be removed from the boat and can safely be removed:
 - Ask the Competitor(s) to put on a mask. Provide one from the launch if needed.
 - Take the Competitor in the referee launch to the nearest medical personnel.
- After securing the safety of the Competitor(s), notify the Chief Referee of the Competitor's status and any additional resources necessary.
- After the Competitor(s) have left the launch, use the provided cleaning supplies to clean the areas that the Competitor(s) touched.

III) Special Race Situations

Protest Hearings

Perform the procedure as described in the Referee Procedures Manual with the following modifications:

- The hearing shall be conducted in a location that allows for physical distancing.
- All participants in the proceedings shall wear masks including the *jury*, Race Official(s), Crew(s), and any other representative(s) of the Crew(s).

Time Trials

All positional modifications that have been documented apply to the positions assigned for a time trial. The following additional positions shall apply the modifications for a previously specified position.

- Warm up Marshal - apply the modifications for a *start marshal*
- Course Marshal - apply the modifications for a *start marshal*

Head Racing

All positional modifications that have been documented apply to the positions assigned for head racing. The following additional positions shall apply the modifications for a previously specified position.

- Course Monitors - apply the modifications for a *start marshal*

Indoor Rowing Regattas

All positional modifications that have been documented apply to the positions assigned for indoor rowing regattas. Given the nature of an indoor event, all Race Officials shall wear PPE at all times.



Registered Regatta Risk Mitigation Plan Guidance

This is a guiding document on how to structure your Risk Mitigation Plan and what information USRowing will be looking for when assessing your document. The Risk Mitigation Plan must address the following items in detail, and use the USRowing Event/Registered Regatta Planning Guidelines for more information.

All LOC's and event planners must develop a risk mitigation plan, including a medical plan, specific to COVID-19 for their specific venue/regatta. In consultation with the Chief Health Officer and the Chief Referee, the Regatta Director should sign off on the risk mitigation plan and ensure that it is being executed properly. The risk mitigation plan must be sent to USRowing at least one month prior to the regatta date for review. The risk mitigation plan then must be posted on the event website and included on the Registered Regatta application, a minimum of seven days prior to the event and be available for review on site at the venue.

Please include the following information in your Risk Mitigation Plan:

1. Regatta name, location, race date(s), practice date(s) (if applicable) and list of events/boat classes being offered.
2. Name and contact information for the Regatta Director.
3. Name of the Chief Health Officer, their qualifications for the position, contact information and a statement verifying that they have signed off on the medical plan.
4. Verification that your event has been approved by the state and/or local health authorities and is being run in accordance with their rules and regulations including group size and social distancing requirements. Please provide a link to your state and/or local rules and regulations and an explanation of how your regatta is following the rules and regulations..
5. Describe your venue mask policy.
6. Describe your criteria on participating in the event including how participation is being limited to the local area.
7. Describe your policy on attending the event including spectator and media policies. If you are allowing spectators and/or media, please explain the measures you are taking to ensure their safety.

8. Explain how the venue will meet the additional safety and sanitation requirements by the scheduled date and during the regatta. Please review the USRowing Event/Registered Regatta Planning Guidelines for additional guidance.
9. Explain how the regatta/LOC plan to address the following items. (Please review the full USRowing Event/Registered Regatta Planning Guidelines for further guidance):
 - a. If lodging is required, are there enough rooms available to practice proper social distancing?
 - b. Does the venue have separate access/egress routes?
 - c. Does the venue have enough dock space and trailer space to properly ensure physical/social distancing?
 - d. Does the venue provide for an appropriate medical setup and is there a way to isolate a person with a suspected infection?
 - e. Under the current COVID-19 circumstances, does the regatta have the required number of referees to ensure the safety and fairness of the regatta?
 - f. Describe your plan to provide appropriate Personal Protection Equipment to referees, volunteers, etc.
 - g. What signage and other means of communication that provides information on what to do if an individual begins to feel sick or there is suspicion of possible COVID-19 infection at the venue will be provided?
10. Provide the Event Medical Plan. Please refer to the USRowing Event/Registered Regatta Planning Guidelines for further details.
11. Provide prevention measures that the LOC/venue will take prior to and during the regatta. Please refer to the USRowing Event/Registered Regatta Planning Guidelines for further details.

Please email your Risk Mitigation Plan for your regatta to Sarah.McAuliffe@usrowing.org for further review by the committee. If you have any further questions, please visit the USRowing Coronavirus Information and Updates page [here](#).



USRowing Re-opening the Boathouse/Return to Training Considerations Post-COVID-19

Version 6.0
7/28/2020

(Substantive changes are highlighted in yellow.)

The information in this document is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. All content is provided for general informational purposes only. Further, you should seek advice from medical professionals and/or public health officials if you have specific questions about your return to training and competition.

The knowledge and circumstances around COVID-19 are changing constantly and, as such, USRowing makes no representation and assumes no responsibility for the accuracy or completeness of this information. The guidelines in this document are subject and subordinate to federal, state and local laws, rules, ordinances and regulations that apply to your location (“Applicable Laws”). USRowing does not condone or recommend disregarding or engaging in conduct not in conformity with Applicable Laws. In the event of any conflict or inconsistency between the guidelines in this document and any Applicable Laws, the Applicable Laws shall control.

USRowing Guidelines for Re-Opening Boathouses

USRowing is dedicated to protecting the health and safety of our members. With that in mind, the purpose of this document is to provide member organizations, coaches and athletes with information they can use to help develop protocols for the re-opening of their boathouses and their return to training programs in the context of COVID-19. The goal of this document is to develop an approach that minimizes exposure as stay-at-home orders are lifted and the Opening of America Again protocols are put into place.

As this document is meant to guide both large and small organizations in varied locations with differing resources, it should be used to help each organization develop a plan that is specific to their situation. Many of the recommendations rely upon rules and regulations set forth by public health authorities, which will be different across the country. These recommendations should be adapted to match the local prevalence of COVID-19 in their area.

Organizations should post their policies on their website and make them available for review at their boathouse.

Additionally, it is every organization’s responsibility to have [SafeSport requirements](#) and general [rowing safety protocols](#) in place. Failure to provide a safe rowing environment are grounds for suspension or revocation of organizational membership.

Five Core Principles



- All organizations and athletes **must follow state and/or local rules and regulations** set forth by the public health authorities including group size. When regulations differ between state and local authorities, organizations should follow the guidelines of the overriding authority for their location. Please check your state and local ordinances to confirm the overriding authority. Each organization's protocols and policies should be clear as to whether state or local serves as the overriding authority.
- Training should focus on a **“get in, train, get out” approach**, minimizing unnecessary contact.
- Individuals should always **maintain physical/social distancing of at least six (6) feet (12 feet in indoor training settings)** in all areas when physical/social distancing is required. This includes coaches, athletes and staff. If possible, separate entrances and exits should be created to optimize physical/social distancing.
- **Training should be allowed in singles (1x) only in order to maintain proper physical/social distancing when physical/social distancing is recommended.** Individuals living in the same residence (spouse/partner, siblings, parent/child) may take out a double/pair (2-/2x) or a four/quad (4-/4x).
- USRowing **continues to recommend NOT rowing in eights, or in other team boats where boatmates are not from the same household**, due to the possibility of the transmission of the disease through respiratory signature. A respiratory signature is the footprint we leave in the air each time we expel air from our lungs through our nose and/or mouth. This footprint increases during exercise.
 - Nothing is “zero” risk and there is no predicting the change in viral patterns. Recommendations for one location may not be appropriate for a different area. It is important to be nimble and be able to adjust your training guidelines as local trends change. **Team boat rowing is considered a close contact sport such as football or basketball. Organizations should be following local and/or state rules and regulations for contact sports when considering a return to team boat rowing where boatmates are not from the same household.** As physical/social distancing guidelines begin to be relaxed, group size numbers are increased and close contact sports are permitted in your area, USRowing recommends organizations use the following standards published by FISA, based on WHO recommendations, in order to make informed decisions if you choose to return to rowing team boats.
 - Training in team boats may resume when the local infection rate is less than 50 new cases per 100,000 people in total for the last seven-day period or 7.14 daily new cases per day *. USRowing recommends that organizations determine their rate by county. The best way to calculate this number is to divide the total number of cases in the last seven days by your county's population and then multiply by 100k. Please check your state or local health authority's COVID-19 webpage for the most relevant data.
 - Ex. Philadelphia, Pa. (as of 6/10/2020): 692 (total new cases from 6/4-10) / 1,584,000 (population of Philadelphia) x 100,000 = 43.68 new



cases/100k.

- If your county's infection rate is near the recommended case limit and in an upward trend, USRowing encourages organizations to proceed with caution before moving to rowing in team boats in order to prevent having to shut down again.
- USRowing recommends rowing in the same training groups each day to limit cross-group exposure.
- If eights, or other stern-coxed boats, are being rowed, coxswains **MUST** wear a well-fitting mask (or a surgical mask) and wrap-around eye protection while on the water.

Additional General Guidelines

- Masks should always be worn in and around the boathouse, on the apron and on the docks. Masks can be removed once on the water in a single but should be put back on when returning to the dock. Masks should be worn in addition to physical/social distancing.
- Athlete, coach and staff health must be monitored at least daily. Please see "Return to Training/Athlete Health Monitoring" section for details.
- All athletes, coaches and staff should sanitize or wash their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols regularly.
- Communal spaces should be closed when possible (locker rooms, drinking fountains, etc.) Pay attention to commonly touched items in your area of training or boathouse such as doorknobs, hoses, water spigots, etc. These should be disinfected regularly if they are not closed. Athletes should carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available.
- USRowing recommends that personal items remain in the individuals' vehicle or be brought in the boat with them, not stored in the boathouse. If storage of personal items is allowed, storage units must be wiped down with disinfectant before and after every use.
- USRowing recommends setting up a reservation system and online logbook in order to manage the number of individuals onsite at one time.

Return to Training/Athlete Health Monitoring

- Any individual (athletes, coaches, and staff) returning to the boathouse or to a training environment should have been in that general geographic location for 14 days prior to coming to the boathouse.
- Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to a designated person at the club if the rower was physically present at the boathouse within the prior 14 days, and the individual must self-quarantine for 14 days before returning.
- All individuals should self-monitor for symptoms of COVID-19 daily. Each person should take their temperature daily prior to arrival at the boathouse. If their temperature is 100.4 degrees or over, the person should not come to the boathouse.
- USRowing recommends that athletes, coaches and staff arrive to the practice facility



wearing a mask and wear masks when not engaged in practice activity. Organizations should follow their state and/or local guidance in regard to wearing masks.

- If someone feels sick, they must contact their coach and not attend practice. The individual should reach out to his or her doctor for assistance.
- If an individual has had a documented case of COVID-19, USRowing recommends they receive clearance from their doctor to resume training.
- If training in groups, it is recommended to train in the same group and not mix training groups in order to decrease the risk of exposure across groups.

Outdoor Facility Use

- Organizations must follow state and/or local guidelines pertaining to parks and public waterways in the operation of on-the-water training.
- Athletes should use their own equipment or the same pieces of equipment daily if unable to have their own – single (1x), oars, and adaptive equipment such as seat cushions, grip aids, etc.
- The athlete should carry their specific oar set to and from the dock. Alternatively, the organization could have a club-appointed person (caddie) get equipment out of the boathouse to reduce the number of people in a boat bay.
- All oars should be wiped down with disinfectant before and after use.
- If shared equipment is being used, equipment should be thoroughly cleaned and disinfected before and after each use.
- Adaptive equipment should be wiped down with disinfectant before and after use.
- When launching/landing, physical/social distancing should be maintained. Multiple boats on the dock should be allowed only if proper physical/social distancing requirements can be met.
- If possible, one dock/set of docks should be used for launching and a second dock/set of docks should be used for recovery. Separate docks should be used for para and adaptive athletes.

Indoor Facility Use

- The operation of your indoor facility should follow state and/or local guidelines, particularly pertaining to gyms.
- Ergs and any other indoor equipment should be spaced at least twelve (12) feet apart and should be staggered so athletes are not in the slipstream of someone directly in front of them.
- All ergs and equipment must be wiped down with disinfectant before and after every use. No exceptions.
- When possible, open doors and windows to increase ventilation in rooms. The use of fans should be avoided. This is recommended for boat bays, as well as indoor training rooms.
- Locker rooms and other common areas should be closed. Athletes should come prepared to work out and leave the facility when finished.
- When meeting with coaches, physical/social distancing should be maintained. Masks should be worn by all parties.



- If possible, one entrance should be used for access to facility and another one for exit.
- Hand sanitizer should be provided at all entrances and exits.

Team Boats

- USRowing continues to recommend **NOT rowing in eights, or in other team boats where boatmates are not from the same household**, due to the possibility of the transmission of the disease through respiratory signature. A respiratory signature is the footprint we leave in the air each time we expel air from our lungs through our nose and/or mouth. This footprint increases during exercise.
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Events



USRowing has cancelled all scheduled USRowing-owned events (with the exception of virtual events) through the end of 2020. USRowing published our initial USRowing Event/Registered Regatta Planning Guidelines Post-COVID-19 document in late May. Please [click here](#) to access USRowing's Coronavirus Information and Updates Page for the most up-to-date document.

Insurance Guidance from Assured Partners

“Exclusion of Loss Due to Virus or Bacteria Endorsement CP 01 40 07 06

*This endorsement makes an explicit statement regarding a risk that is not covered under your Commercial Property insurance. It points out that there is no coverage under such insurance for loss or damage caused by or resulting from any virus, bacterium or other microorganism that induces or can induce physical distress, illness or disease.” ***

What Does this Exclusion Mean for Return to Rowing?

During this unprecedented time, much uncertainty surrounds the above policy language. Philadelphia Insurance Company is ultimately the final arbiter on the application of this policy language to any individual situation. However, it is important for Rowing members to be aware of this policy language, as well as the policy's other terms and conditions, when making decisions about operating in a COVID-19 environment. At a minimum, there is significant uncertainty about all of the insurance-related implications of COVID-19 and members should proceed cautiously.

Mitigation Advisories

All club board members should be assessing their federal, state, and local mandates daily for updates to any physical/social distancing protocol. Upon reopening, there should be evident precautionary measures put in place. Signs stressing the importance of maintaining physical/social distance, hand sanitizer stations, masks and gloves while on-premise before launching, and strong disinfectant procedures upon return of used oars are just a few possible recommendations. See our website for important COVID information at <https://www.assuredpartners.com/Coronavirus-Resources>

Will My USRowing Coverage be Negated Due to COVID?

If your organization is currently a member in good standing, all verbiage within the master policy is still in force upon return to rowing. This includes coverage for member club premises and member club operations including, but not limited to, camps/clinics, on-water practices, events and activities otherwise not excluded. The same applies for registered regattas. If you are a USRowing-sanctioned regatta in good standing, all verbiage within the master policy is in force for the regatta.

Please Note: Failure to abide by federal, state, and local mandates including, but not limited to, physical/social distancing protocols may lead to possible gray areas within the verbiage of your policy. If practices take place prior to your state's green light reopening phase or a regatta is held contrary to federal, state and local guidelines, it may potentially impact the USRowing General Liability insurance.



Policy Lines

Your club's General Liability insurance through USRowing is just one of the many coverage options that may exist for your club. We recommend taking the time to check the status of your Equipment, Directors and Officers, Property, and Auto as well. These are separate, stand-alone policies that can be reviewed with an [Assured Partners Account Executive](#) upon request.

***As per the Philadelphia Insurance Company policy #PHPK2078245 Insured USRowing et al*

Additional Resources

* [Harvard Global Health Institute](#) - Provides daily new cases per 100k people (7-day moving average) by state/county.

[CDC Covid Data Tracker](#)

[Johns Hopkins Coronavirus Resource Center](#)

[USRowing Coronavirus Information and Updates](#)