

During this unprecedented time, we know our athletes are eager to return to training. We must first be granted permission by the Onondaga County Department of Health. Once permission to resume training has been granted, we know all will be eager to return to our normal training routine. While we want to provide that opportunity, we must be precautious and take the necessary steps to minimize/eliminate the spread of COVID-19. This plan is intended for implementation with CHARGERS program athletes. Facilities usage by outside entities and athletes will be required to comply with substantially similar terms and protocols as set forth herein and such entities will also be required to provide evidence of similar COVID-19 Preparedness Plans to the CHARGERS for preapproval. Such plans must also include provisions related to transportation

SECTION I – GENERAL GOVERNANCE

We are following the leadership/guidelines set forth by both state and local government, as well as USRowing. This includes the following Core Principles as described by USRowing:

- 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 and at least twelve (12) feet in indoor training settings unless team boat rowing outdoors with appropriate face coverings as permitted/directed by the local department of health**. This requirement also applies to all coaches, athletes, and staff. This should be emphasized as we head back indoors for training. If possible, separate entrances and exits should be created to optimize physical/social distancing.
 - Face coverings must be worn at all times unless permitted otherwise by the local department of health.
- Appropriate signage will be posted to remind personnel and patrons/players/spectators to adhere to proper hygiene, social distancing rules, appropriate use of PPE, and cleaning and disinfection protocols as set forth in this plan.

We are also adhering to the following leadership/guidelines set for by the Onondaga County Department of Health (“OCDOH”) and shall continue until such time as the OCDOH discontinues such guidelines:

- If the seven-day rolling average of infection rate rises to 8% or higher, all activity will cease until the infection rate declines.
 - <https://forward.ny.gov/early-warning-monitoring-dashboard>
- Club Director Joseph Bufano (hereinafter referred to as “Director”) will be the plan administrator and will be responsible for communicating the plan to athletes, coaches, and parents.
- The Director will be the plan coordinator, and will serve as a point of contact, should any cases be identified.
 - He will also facilitate and assist with case investigation and contact elicitation and notification with the OCDOH.

- If necessary, we will create participant pods to limit the potential for transmission in the event of an exposure.
 - A pod is a group of athletes who only practice or play with members of their own pod.
 - No makeup sessions or switching of pods is allowed.
 - If any member of the pod has a positive COVID-19 diagnostic test, all in-person activities for that pod will be cancelled for a 10-day period.

SECTION II – PROGRAM ELIGIBILITY

SPRING SEASON ELIGIBILITY:

The following must be completed BEFORE participation can begin:

- Doctor's physical completed and received by the school nurse or healthcare provider.
- Student and parent/guardian must read and sign off on the CHARGERS Code of Conduct and Safety Plan.
- Any new athlete must complete and pass a swim test comprised of:
 - Treading water unassisted for ten (10) minutes wearing full athlete gear, which includes long sleeves and long pants.
 - Complete two full laps the length of the pool.
 - Attestation form must be completed by certified lifeguard, school athletic director, or parent/guardian.
- All necessary payments and paperwork submitted BEFORE their first training session (including payment of ALL program fees in full and submission of ALL signed waivers) and all will be required to attend a mandatory virtual COVID-19 orientation session.

SECTION III – ERGOMETER/LAND TRAINING

PROGRAM GUIDELINES:

Our program will be putting in place the following guidelines until social distancing restrictions have been lifted:

- All athletes and coaches (hereinafter referred to as "participants") shall monitor their health daily and will be required to attest to their health conditions upon access to the CHARGERS boathouses, property, and facilities (hereinafter referred to as "Facilities").
- All participants will sanitize upon arrival and will follow hand-washing protocols.
- All participants must sign the logbook upon arriving AND departing the Facilities.
 - Per USRowing recommendations, a logbook will be used to manage the number of individuals onsite at one time and for the purposes of contact tracing.
- No personal items will be stored at the Facilities.
 - All personal items must remain in the participants vehicle.
- No visitors or spectators will be allowed.
- When pods are used, access during a prescribed training session will be for the coach and members of that pod ONLY (see the **SPECIFIC COVID-19 RELATED PROCEDURES** section for details).

- A pod will consist of NO MORE than nine (9) athletes and one (1) coach and will be predetermined by the coaching staff.

PERSONAL PROTECTIVE EQUIPMENT REQUIREMENTS:

- There will be extra Personal Protection Equipment (PPE) available onsite for participants in attendance, but individuals are encouraged to bring their own and school districts will be responsible for providing their own PPE and ensuring their athletes are complying with all requirements.
 - PPE may include, but is not limited to, face coverings, disposable gloves, and/or face shields.
- Participants must arrive to the Facilities wearing a face covering and will be required to wear a face covering AT ALL TIMES (including during exercise activity) until they leave the Facilities.
 - Depending on the duration of the workout, a face covering break may be taken.
 - Athletes may be permitted to temporarily remove face coverings while eating or drinking so long as they maintain six (6) feet of distance from others.
 - Any face covering that becomes saturated with sweat must be changed immediately.
 - Reusable face coverings (cloth) must be washed daily in hot water and not reused until cleaned.
 - The supervising coach will monitor proper use and correct improper use by participants.
- Acceptable face coverings include, but are not limited to, cloth-based face coverings and disposable masks appropriate for exercise that cover both the mouth and nose.
 - Bandanas, buffs, and gaiters are not acceptable face coverings.
- ALL participants will maintain proper social distancing of six (6) feet while not seated on their ergometer and twelve (12) feet while on the ergometer.

RETURN TO TRAINING/ATHLETE HEALTH MONITORING:

Participants are required to agree to the following upon access to the ergometer/land training program:

- All participants will self-monitor for symptoms of COVID-19 daily.
 - If the participants temperature is 100° or over, they will not come to Facilities.
- If participants show COVID-19 symptoms, they will NOT come to the Facilities.
 - The participant will contact their doctor for assistance and USRowing recommends they receive clearance from their doctor to resume training.
- If a participant has a positive COVID-19 test, they must self-report to the Director.
 - The Director will contact trace for close-contact individuals and notify those individuals that they have had close contact with someone who has tested positive for COVID-19.
 - Close-contact individuals must contact their doctor and not attend any sessions until they have been cleared in writing to resume training.
 - The Director will immediately notify the President of the CHARGERS Board of Directors.
- Any participant known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to the Director if they were physically present at the Facilities within the prior 10 days, and the participant must self-quarantine for 10 days before returning.
 - Any participant who has an exposure to another person who is positive for COVID-19 must quarantine for 10 days or at the guidance of the Onondaga Department of Health.
- Any participant who tests positive for COVID-19 must follow the Onondaga Department of Health's guidance for length of isolation.

- The Onondaga Department of Health must be notified of any participant who is positive for COVID-19 along with their contacts within their cohort.
- All participants agree to follow ALL New York State guidelines regarding out of state travel, including proper quarantining protocols.
 - <https://coronavirus.health.ny.gov/covid-19-travel-advisory>

FACILITY USE:

The following additional terms apply for use of the Facilities:

- We will follow all state and local guidelines, and if the Facilities are closed by the OCDOH or access is denied by the County, sessions will cease until they reopen.
- All athletic equipment will be thoroughly cleaned/disinfected before and after each use.
 - The individual using the ergometer is responsible for cleaning and sanitizing the ergometer and the surrounding floor space.
- Participants will NOT be allowed to leave any personal effects inside any of the Facilities.
- All ergometers will be set up prior to the participants arriving and will be required to remain in their prescribed area as delineated by tape on the floor.
- All participants will be assigned a specific ergometer and will use ONLY that machine for the duration of the program.
- While social distancing protocols are in place, ergometers will be placed with **at least twelve (12) feet of space** between each in all directions.
- Participants will come each session ready to row, including full water bottle(s) that are filled at home.
 - There will be no access to the drinking fountain at Facilities.
- Weather permitting, equipment may be taken outdoors for use while maintaining twelve (12) feet of space between ergometers.
 - When the “real feel” or “feels like” temperature is 35°F or warmer, participants should anticipate the possibility training outdoors and should come to the training session dressed accordingly.

SECTION IV – ERGOMETER/LAND CLEANING PROTOCOLS

To help prevent spread of COVID-19, procedures and supplies will be in place prior to the first ergometer session to encourage proper hand hygiene as well as routine cleaning and disinfection of high-risk locations.

- We will provide and maintain hand hygiene stations on site using alcohol-based hand sanitizer containing at least 60% alcohol.
- We will provide appropriate cleaning and disinfection supplies for shared and frequently touched surfaces and encourage participants to use these supplies, following manufacturers’ instructions, before and after use of these surfaces, followed by hand hygiene.
- The supervising coach will conduct regular cleaning and disinfection of the site and more frequent cleaning and disinfection for high risk areas used by many individuals and for frequently touched surfaces.
 - The supervising coach will ensure regular cleaning and disinfection of the restroom.

- The supervising coach will ensure that equipment is regularly cleaned and disinfected using disinfectants and sanitizing agents approved by the CDC and/or the Onondaga County Department of Health.

SECTION V – BOATHOUSE/WATER TRAINING

We are following the leadership/guidelines set forth by both state and local government, as well as USRowing. We will consider this guidance when making decisions related to rowing in team boats. For clarity, team boat rowing refers to rowing shells containing two (2) or more individuals. This includes the following guidance as described by USRowing:

- If rowing in team boats that are not from the same household, and pods are required, we will row in groups of no more than 10 people (nine athletes and one coach), all participants shall remain in the same group each day and do not cross over to different groups, all participants shall be monitored by the rowing club for any signs of symptoms each time they attend a practice or club function, and at the sign of symptoms, all participants are in contact with medical professionals immediately in order to proceed to the next steps, which may include quarantine, contact tracing, and testing.
- 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.
- Until applicable guidance indicates otherwise, we will be rowing in the same training groups each day to limit cross-group exposure.

PROGRAM GUIDELINES:

Our program will be putting in place the following guidelines until social distancing restrictions have been lifted:

- All athletes and coaches (hereinafter referred to as “participants”) shall monitor their health daily and will be required to attest to their health conditions upon access to the CHARGERS Rowing Club (hereinafter referred to as “CHARGERS”) boathouses.
- Participants must arrive at the boathouse wearing a face covering and will be required to wear a face covering AT ALL TIMES until they leave the boathouse.
 - Any face covering that becomes saturated with sweat must be changed immediately.
 - Reusable face coverings (cloth) must be washed daily in hot water and not reused until cleaned.
 - Coaches will monitor proper use and correct improper use by participants, when indicated.
- All participants will sanitize upon arrival and will follow hand-washing protocols.
- A logbook for attendance and contact tracing purposes on a daily basis will be maintained. All participants will attest to their temperatures each day prior to arrival at the boathouse.
 - A logbook will be used to manage the number of individuals onsite at one time and for the purposes of contact tracing.
- No personal items will be stored inside the boathouse.
 - No personal items can be stored at the boathouse must remain at home or in the participants vehicle.

- Participants will come each session ready to row, including full water bottle(s) that are filled at home.
- No visitors or spectators will be allowed.
- When using pods, and when necessary, access during a prescribed training session will be for the coach and members of that pod ONLY (see the **SPECIFIC COVID-19 RELATED PROCEDURES** section for details).

PARTICIPANT PERSONAL PROTECTIVE EQUIPMENT REQUIREMENTS:

- ALL participants must wear face coverings from time the participant gets off the bus or steps foot onto CHARGERS property until the time they leave Charger property unless permitted otherwise by the local department of health.
- ALL participants (including coaches) shall maintain proper social distancing of six (6) feet while on the dock.
 - Please make sure (as in normal operating conditions) to move shells as far down the dock as possible if multiple shells are present.

RETURN TO TRAINING/ATHLETE HEALTH MONITORING:

Participants are required to agree to the following upon access to the boathouse/water training program:

- All participants will self-monitor for symptoms of COVID-19 daily.
 - If the participant's temperature is 100° or over, they will not come to practice.
- If participants show COVID-19 symptoms, they will NOT come to practice.
 - The participant will contact their doctor for assistance and USRowing recommends they receive clearance from their doctor to resume training.
- If a participant has a positive COVID-19 test, they must self-report to the Director.
 - The Director will contact trace for close-contact individuals and notify those individuals that they have had close contact with someone who has tested positive for COVID-19.
 - Close-contact individuals must contact their doctor and not attend any sessions until they have been cleared in writing to resume training.
- Any participant known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to the Director if they were physically present at the boathouses within the prior 10 days, and the participant must self-quarantine for 10 days before returning.
 - Any participant who has an exposure to another person who is positive for COVID-19 must quarantine for 10 days or at the guidance of the Onondaga Department of Health.
- Any participant who tests positive for COVID-19 must follow the Onondaga Department of Health's guidance for length of isolation.
 - The Onondaga Department of Health must be notified of any participant who is positive for COVID-19 along with their contacts within their cohort.
- All participants agree to follow ALL New York State guidelines regarding out of state travel, including proper quarantining protocols.
 - <https://coronavirus.health.ny.gov/covid-19-travel-advisory>

CHARGERS BOATHOUSE FACILITY USE:

The following terms apply for use of the CHARGERS Boathouse Facility:

- We will follow all state and local guidelines, and if the boathouses close or access is denied, sessions will cease until they reopen.
- Access will be provided to the Main Sweep and Hathaway Boathouse ONLY for the purposes of obtaining necessary equipment.
 - Participants entering either boathouse will follow a get in → get out methodology and will not linger in either boathouse.
 - Participants entering either boathouse will obtain the equipment they need and immediately exit the building.
 - There is no access to any other areas in either boathouse other than those which contain our program's equipment.
- There will be a online log/screener emailed or daily logbook just inside the main door of the Hathaway Boathouse and ALL programs and CHARGERS athletes must both sign in AND out.
 - All programs and CHARGERS athletes MUST answer the health questionnaire in the logbook before launching for their row.
- Participants must ALWAYS be accompanied by a coach.
- All equipment with frequently touched surfaces (including shells and oars) will be thoroughly cleaned/disinfected before AND after each use.
 - The individual using the oar is responsible for cleaning and sanitizing the oar.
 - The CHARGERS will provide a disinfecting solution in spray bottles for this purpose.
 - The CHARGERS will provide oar handle cleaning stations.
- All athletes may be assigned a specific oar and if so will use ONLY that oar for the duration of the season or until further notice.
- When launching/recovering shells, social distancing must be maintained between pods.
 - Multiple pods/shells on the dock will be allowed only if proper social distancing requirements can be met.
 - Members of the same pod can be closer than six (6) feet from each other while getting the shell ready to launch or recover, as long as facing coverings are in place.
- Any use of ergometers will require they be placed with **at least twelve (12) feet of space** between each in all directions.

COMPETITION/TRAVEL GUIDELINES:

- All travel or competitions shall be in accordance with applicable New York State or Onondaga County Department of Health guidelines.
- Onondaga County mandates travel for practice or play to or from anywhere other than contiguous counties within Section III is currently not permitted.

SECTION VI – BOATHOUSE/WATER CLEANING PROTOCOLS

To help prevent spread of COVID-19, procedures and supplies will be in place prior to the first boathouse/water training session to encourage proper hand hygiene as well as routine cleaning and disinfection of high-risk locations.

- The CHARGERS will provide and maintain hand hygiene stations on site, as follows:
 - An alcohol-based hand sanitizer containing at least 60% alcohol.

- The CHARGERS will provide appropriate cleaning and disinfection supplies for shared and frequently touched surfaces and encourage participants to use these supplies, following manufacturers' instructions, before and after use of these surfaces, followed by hand hygiene.
- The supervising coach will conduct regular cleaning and disinfection of the site and more frequent cleaning and disinfection for high risk areas used by many individuals and for frequently touched surfaces. Cleaning and disinfection must be rigorous and ongoing and will occur after each session, or more frequently as needed.
 - The supervising coach will ensure that equipment is regularly cleaned and disinfected using registered disinfectants.
 - If cleaning or disinfection products or the act of cleaning and disinfection causes safety hazards or degrades the material or equipment, the CHARGERS will put in place hand hygiene stations between use and/or supply disposable gloves.