

PWCA

*Prince William Crew
Association Inc.*

Summer 2020 Covid-19 Recreational Rowing Plan



Prince William Crew Association (PWCA) Phased Boat House Reopening Plan

In preparation for reopening, Prince William Crew Association, PWCA, has prepared a phased opening plan that abides by state and federal guidelines as well as health and safety recommendations including those recommendations provided by USRowing.

On Friday, May 15th, the state announced its phased approach to the easing of social restrictions while providing guidance on health and safety. This easing of restrictions did not however apply to Northern Virginia which remained on stay at home orders.

On May 28th Northern Virginia entered into “phase one”, Safer at Home. It is anticipated that phase one will last two-weeks followed by phase two for duration of two – four weeks before entering phase three. Phase three could be 10 – 12 weeks out from the start of phase one. State guidance and policies associated with this phased reopening plan are incorporated into PWCA’s Boat House Reopening Plan.

To ensure the health and safety of our community, PWCA will be establishing strict cleaning, social distancing protocols and will be enacting considerable changes to our general operations/functioning. New guidance that incorporates the state’s phased approach can be found below as it applies to PWCA and its full and associate members.

With Prince William County approval, PWCA’s Phased Boat House Reopening Plan to reopen the Oxford Boathouse for recreational rowing under “modified” programming will begin on June 29th. PWCA’s approach during this “modified program” follows a “Row, Cleanup and Depart” immediately format. Loitering will not be allowed at the boat house.

Facility Changes:

1. Signage will be posted on all entry and exit points reminding membership to exercise social distancing. (attached)
2. Signage will be posted to inform public of boathouse operation hours.
3. To ensure social distancing guidelines are met, designated waiting areas will be established for individuals waiting to enter the boat house when at the maximum occupancy.
4. Signs will be posted to identify the maximum number of occupants that can be in a space.
 - a. Fuel Shed will be limited to 1.
 - b. Team Tool Rooms limited to 1.
 - c. Team Storage areas limited to 1.
 - d. Under Phase 1 – Boathouse will have a limitation of 10 occupants at any given time.



- e. Under Phase 2 – Boathouse occupancy limitation may increase but not more than Social Distancing restrictions allow.
5. Flooring inside boathouse bays will be marked with tape every Ten (10) feet. This will create occupancy zones in each bay to provide adequate social distancing.
6. Oars will be redistributed throughout the Boathouse to decrease congestion points.
7. Shells will be stored in a manner to allow for easy access and reduce congestion points to the greatest extent possible.
8. Docks will be marked in ten (10) foot sections with tape to identify occupancy zones.
9. Environmental Protection Agency (EPA) approved cleaning and disinfecting supplies will be provided and staged for easy access both pre and post rowing activities to allow for efficient cleaning and stowing of equipment to reduce congestion in the boat house area.

PWRC's Phased Boat House Reopening Plan includes observance of Federal and State guidelines as well as recommendations from USRowing:

1. No Team Boat activities are allowed until social distancing restrictions are lifted.
2. All recreational rowing activity will be conducted in singles (1x) shells with exception of family members and others living in the same household.
3. All rowing will be per PWCA Approved scheduling – No “drop in” or replacement participants allowed.
4. Adequate time shall be provided for effective and thorough cleaning of equipment pre and post a scheduled rowing session.
5. EPA approved cleaning and disinfecting supplies will be provided by PWCA for use on all shared/multi-use equipment. Hand sanitizers for personal use are the responsibility of the individual.
6. Water and hydration liquids will not be available at boathouse. Participants are required to provide their own drinks in their personal, reusable container. Disposable containers are not authorized. Additionally, no one is allowed to participate in activities if they do not have capability to rehydrate.
7. Only bring what you need and will fit in the shell with you during the session period. All other items should be left in your vehicle in a safe and out of view area – exception will be for keys. An area to hang keys will be set aside for safe keeping.
8. All boathouse bay doors will be open during operational hours to promote air flow and ventilation.
9. High touch surfaces will be wiped down with disinfecting solutions after departure of each session. Areas include, but are not limited to, doorknobs and handles, locks and security keypad, hoses and water spigots if used.



Return to on water health monitoring

1. Any individual (athletes, coaches, and staff) presenting to the boathouse or to a training environment needs to have been in that general geographic location for 14-days prior to coming to the boathouse.
2. Athletes, coaches, and staff must arrive to the practice facility wearing a face mask that covers both the nose and mouth. Masks will not be available at boathouse. Masks are to be worn at all times when not engaged in practice activity. Additionally, no one is allowed to participate in activities if they do not have a facemask.
3. 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 they were physically present at the boathouse within the prior 14 days. The individual must also self-quarantine for 14- days post-exposure before returning to the boat house.
4. An individual may report to any of the following, as most appropriate::
 - a. Session Coach
 - b. Programs Head Coach
 - c. Program administrator
 - d. For PWC
 - i. President PWCA
 - e. For PWRC
 - i. PWRC President or other Board member
 - ii. PWCA President
5. All individuals must self-monitor for symptoms of COVID-19 daily. Each person should take their temperature daily and monitor their overall health prior to arrival at the boathouse. If their temperature is 100.4 degrees or over, the person should not come to the boathouse. Contact session coach and keep them updated on situation.
6. If an individual feels sick, they should contact their coach telephonically or by email or text. They should not attend practice or report to the boat house. The individual should self-quarantine and reach out to his or her doctor for assistance. The individual should not return to the boat house until symptom free and cleared by a physician to return.
7. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing (not related to physical exertion)
 - Fatigue (not related to physical exertion)
 - Muscle or body aches (not related to physical exertion)
 - Headache



New loss of taste or smell
Sore throat
Congestion or runny nose
Nausea or vomiting
Diarrhea

Other, more serious, signs of COVID-19 that require immediate medical attention include:

Trouble breathing
Persistent pain or pressure in the chest
New confusion
Bluish lips or face

8. If an individual has had a documented case of COVID-19, they will need a note from their doctor indicating they are cleared to resume participation in activities and have tested negative for the virus.
9. If PWCA/PWRC is notified that an individual, who has participated in an activity at the boathouse, has been sick and/or diagnosed with COVID-19, all individuals who attended an activity with that individual within 14- days of the onset of that individual's illness will be notified that they may have been exposed to someone with COVID-19.

Daily boathouse procedures

Pre-scheduled session

1. Upon arrival at park, obey signage and park speed limits.
2. Proceed to upper lot unless you have been given a pass for parking in lower lot.
3. Do not loiter in parking lot – proceed to boathouse utilizing path and maintaining social distancing guidelines. Do not walk in groups.
4. Plan arrival “at” boathouse no less than 15 minutes prior to scheduled start time.
5. Check in with program administrator or coach and follow the directions given.
6. If directions include entry to boathouse for equipment
 - a. Ensure occupancy guidelines are followed
 - i. Phase one – no more than 10 inside boathouse while maintaining social distancing
 - ii. Phase two – TBD
7. Enter boathouse from side entrance (parking lot side).
8. Limit time inside boathouse to the greatest degree possible. Do not loiter in the boat house. Take care of your business quickly and then exit when finished.



9. Floor will be marked by tape in 10-foot zones. No two adjacent zones may be occupied at the same time. This ensures social distancing within boathouse.
10. Prior to removal of equipment from boathouse. Ensure you wipe down with disinfectant the high touch areas.
11. Partners may be used to move boats to/from boathouse as well as to/from docks. Ensure partners disinfect all surfaces they touch with the approved disinfecting solution or wipes and follow all approved procedures.
12. Proceed to slings and continue cleaning process per instructions on shell and oars.
13. All rowers should report to their coach for pre-launch instruction.
14. Instruction on the dock should be limited – however if it needs to be done, allow others onto docks in front of you so as to not interfere with them launching.

Dock - launch

1. Both docks will be used to launch boats.
2. Docks will be marked in 10-foot sections like the floor in boathouse. Individuals must maintain social distancing while on the dock and prior to being seated in boat. Only one person at a time may occupy a given zone.
3. Proceed to the furthest point on the dock to meet zone requirements and then select launch side which is opposite that person in the zone in front of you. Therefore, alternate port and starboard or vice versa.
4. Once seated and ready, move boat to furthest point on your side of the dock to the water end possible without encroaching on another boat/zone.
5. Launch when instructed by coach.

Dock – recovery

1. Both docks will be used for recovery
2. Recover to the dock that has the least amount of boat traffic.
3. Upon arriving at dock move to the furthest point land side possible while maintaining zone separation.
6. Partners may be used to aid in carrying boat from docks to slings for cleaning.
7. All equipment will be cleaned regardless of staying in slings or returning to boathouse for the day.
8. Post Session briefings will be held in an area that ensures social distancing as well as does not interfere with continued operations of the boathouse.
9. Once dismissed – exit boathouse area, to lower lot and proceed to upper lot. Do not loiter or wait to walk in a group back to upper lot.
10. Always maintain social distancing.
11. Remember that face masks will be worn at all times when not rowing. As soon as a rower docks and can access their mask, they will need to put it on.



Land base activities

1. Maintain social distancing – for activity-based settings, this is 10 feet distance vice 6 feet. This includes:
2. Coach discussions – “boat meetings”
3. Stretching.
4. Running - While running maintain distance and offset from the person you are running behind and if passing, announce you are passing them and pass on left.
5. Erging – Offset with no less, then 12 feet between ergs. Prior to erging. Disinfecting erg requires the wiping down of handle, seat, rail, flywheel housing, damper lever, monitor and contact points used to move erg.
6. Use of powerbands, ropes and other training aids are only authorized for use if they can, and have been, disinfected prior to an others use or are personnel training aids to be used by the owner only.

Equipment returned to boathouse

1. All equipment must be disinfected prior to returning to boathouse
2. Boats may be returned into boathouse utilizing partners. Ensure all areas of contact are disinfected after boat placed in rack.
3. Oars – disinfect contact points upon return into boathouse.
4. Exit boathouse via bay door side and proceed up to parking lot
5. Do not use side door to exit – this is an entry point only.

Equipment cleaning

Detailed instruction on proper cleaning and disinfecting will be provided by staff members at the beginning of programs on all potential equipment that will be used during the recreational rowing sessions.

1. Shell procedures will include the following areas:
 - a. Seat
 - b. Gunwale
 - c. Rails
 - d. Oar locks
 - e. Riggers
 - f. Decking
 - g. Shoes and release
2. Oars procedures will include:
 - a. Handles
 - b. Shaft
 - c. Buttons



3. Stroke Coach and Cox Box
 - a. Mounts
 - b. Face
 - c. Rear
 - d. Protective bumpers (if installed)