

WBC COVID Guidelines (Updated 6/24/21)

Pre-Practice and General Guidelines

1. These guidelines, along with the Virginia Covid Recreational Sports guidelines will be posted at the boathouse and oarshed.
2. Adults Health Screening: Conduct exact health screening for all coaches and participants as outlined by Governor's Orders: "Adults should be asked if they are currently experiencing fever (100.4 degrees Fahrenheit or higher) or a sense of having a fever, a new cough that cannot be attributed to another health condition, new shortness of breath that cannot be attributed to another health condition, new chills that cannot be attributed to another health condition, a new sore throat that cannot be attributed to another health condition, or new muscle aches that cannot be attributed to another health condition or specific activity.
3. Youth Health Screening: Virginia Phase III Recreational Sports guidelines direct youth screenings to be done per the current CDC guidelines. Current CDC youth screening guidelines direct "Advise staff, families, and players to stay home if they have tested positive for COVID-19, are showing COVID-19 symptoms, or if they have had a close contact with a person who has tested positive for or who has symptoms of COVID-19."
4. If anyone fails to meet screening guidelines, they cannot attend practice.
5. All Participants will be tracked, with boat lineups, in iCrew.
6. Those with positive COVID test results must be cleared for return to practice by a medical provider.
7. Vaccinated members need not wear masks.
8. Unvaccinated members should wear masks when not rowing.
9. Members with COVID concerns may ask other rowers in their boat lineup if they've been vaccinated and opt out of the session if they are not comfortable. Coaches will not be asking and members are not required to provide their personal medical information.

Sanitation Procedures

1. After use, oars will be sanitized.
2. PFDs worn by rowers will be sprayed with disinfectant at the end of practice.
3. Seats, shoes, and contacted surfaces will be disinfected at the end of practice.
4. Hulls will be wiped down with rags at the end of practice.
5. Cox Boxes/Speedcoaches/mics will be disinfected at the end of practice.
6. Any ergs or other exercise equipment will be disinfected at the end of practice.

Social Distancing Procedures

1. Maintain 6 ' of separation where practicable (rowing in and carrying boats may be the only exception)
2. Boat launching and recovery will be sequenced to eliminate overlapping on dock, ramps, or inside the boathouse. (For example, end high school practice at oar shed area, begin next practice at boathouse until the first group departs).
3. Unvaccinated members should maintain social distance (6') when not rowing.

Notification Requirement

1. Rowers must notify WBC if they test positive so WBC can trace back possible exposure to others on iCrew.
2. Those with positive COVID test results must be cleared for return to practice in accordance with CDC guidelines.
3. Upon notification of a positive test, WBC will contact trace for close-contact individuals and notify those individuals that they have had close-contact with a person that has tested positive for COVID-19.