



USRowing Event/Registered Regatta Planning Guidelines During COVID-19

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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.

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 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.



USRowing Requirements for Registered Regattas:

- All organizations and athletes **must follow state and/or local rules and regulations** set forth by their public health authorities (including group size). Organizations must **monitor these requirements regularly and adjust their protocols accordingly.**
 - 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.
 - LOCs should assign someone to monitor their state and local guidelines regarding interstate travel. LOCs and participants should be aware that travel has a higher risk for contact with, and transmission of, COVID.
- All LOCs and event planners **must develop a risk mitigation plan, including a medical plan,** specific to COVID for their venue/regatta in consultation with their Local Health Authorities. USRowing recommends establishing a Medical Advisory Group to sign off on the risk mitigation plan and ensure that it is being executed properly.

USRowing also recommends the following:

- The Risk Mitigation Plan should be available for participants to review on the event website a minimum of seven days prior to the event.
- When racing in any boat that is not a single (8+, 4x, etc.) or not from the same household, USRowing recommends the following:
 - Competitors train in the same group each day and not cross over to different groups to limit cross-group exposure.
 - All participants (athletes, coaches, staff) be monitored by the rowing club for any signs of symptoms before travelling to, and during, a regatta. At the sign of symptoms, all participants should contact medical professionals immediately in order to proceed to the next steps of their member organization's or the regatta's COVID protocols, which may include quarantine, contact tracing, and testing.
- Individuals should always make an effort to **maintain physical/social distancing of at least six (6) feet and at least 12 feet in indoor racing settings.** This includes coaches, athletes and staff.
- Masks should always be worn at the venue. Masks may be removed once on the water but should be put back on when returning to the dock. Masks should be worn in addition to physical/social distancing.



- LOCs should monitor the health and wellness of all participants including competitors, coaches, event staff, referees, and volunteers.
- Events should follow state and local guidance on whether to allow spectators. Individuals should practice physical/social distancing, wear face masks, wash or sanitize hands frequently and avoid sharing utensils or other common objects. Avoid unnecessary interactions between competitors and spectators. If spectators are permitted, USRowing recommends limiting their interaction with athletes. If the event has a dedicated athlete area, it should be clear of spectators. If there is no dedicated athlete area, LOCs should make an effort to ensure athletes only have to interact with other athletes, event staff, and officials.
- Vaccinations **ARE NOT a substitute** for these guidelines. All individuals who have been vaccinated for COVID should continue to follow these guidelines including wearing masks and maintaining proper physical/social distancing.

Event Planning Considerations

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](#)

When choosing an Event Location, consider the following:

- Regattas should be aware of their state and local guidelines regarding interstate travel.
- Local Organizing Committees and participants should be aware that travel has a higher risk for contact with, and transmission of, COVID.
- When attending a multi-day regatta, proper mitigation strategies should be considered by the traveling participants (teams or individuals). These include, but are not limited to:
 - Minimizing room occupancy



- Minimizing contact during travel to a regatta location from the participant's home location
- Minimizing contact when going to and from the venue once arriving at the regatta location
- Limiting activity to your hotel room and venue as much as possible (i.e., using carry-out or delivery for meals and eating in your hotel room), and
- Daily monitoring of the health and wellness of your traveling party (athletes, coaches, and other staff).
- 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 distance when physical/social distancing is required?
- Does the venue provide for an appropriate medical setup?

Event Planning

- Does the regatta have the required number of referees to ensure the safety and fairness of the regatta?
- How will the regatta organizers ensure appropriate Personal Protection Equipment (PPE) availability for referees and volunteers?
- What signage and other means of communication will be provided to inform participants/attendees on what to do if an individual begins to feel sick or there is suspicion of possible COVID infection at the venue?
- Use the following resources to help assess the risk of your event and develop your risk mitigation plan.
 - [Infectious Diseases Outbreak Management Tool for Endurance Mass Participation Sporting Events](#)
 - [Infectious Disease Outbreak Management Tool](#) - Online tool that will provide a risk assessment report and risk mitigation recommendations.
- 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 situation, facilitate sharing of information, ensure coordination of public health resources, and ensure proper public health policies and procedures are in place.
- Determine who will be allowed at the event based on state and/or local guidelines.

Criteria for Attending/Participating in the Event

- Individuals must affirm that they have not been diagnosed with, demonstrated any symptoms of, or have in any way been exposed to COVID within the last 14 days, or must affirm that they have complied with all local, state and federal guidelines and regulations as related to communicable diseases.



- If an athlete has had a case of documented COVID 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.
- Those athletes who have quarantined for seven days PLUS have a negative COVID test will be allowed to participate.
- The CDC currently defines Close Contact as: "Someone who was within six feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from two days before illness onset (or, for asymptomatic patients, two days prior to test specimen collection) until the time the patient is isolated."
- Encourage individuals to know their risk for severe illness when considering whether to attend the event.

Drone Policy

If you are considering using drones in lieu of spectators or to provide an additional way for people to see your rowing activities, please discuss drone use with the Chief Referee of your event and follow the [USRowing Drone Policy](#) during all rowing activities.

Event Medical Plan

When building the event medical plan, the LOC should pay particular attention to COVID 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.
- Determine how to address a potential case of COVID at the venue.
- Determine necessary medical supplies and infrastructure to address a potential case of COVID.
 - 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.
- Have event staff observe individuals at the venue for signs or symptoms of COVID. If an individual is identified with these signs and symptoms, follow your established medical plan for addressing a potential case.
- Develop procedures that ensure physical/social distancing throughout the venue.
- Provide virtual methods for competitors to attend briefings, such as the Coaches & Coxswains meeting. Consider broadcasting it on Facebook Live or YouTube and distribute the link to competitors prior to, and upon completion of, the briefing.
- Team tent areas should follow proper physical/social distancing regulations within the tent and between team tents.
- 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.
- Participants and non-event staff should provide their own water, hydration and food. LOCs should take appropriate safety precautions when providing food and beverages for event staff, volunteers and referees such as single-serve drink bottles, pre-packaged individual snacks, and individual boxed meals.
- Athletes should use their own towel and hygiene products.
- Consider providing 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.
- If weigh-ins are taking place, 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 at the event.

Insurance Guidance

USRowing's insurance program does not include coverage related to communicable diseases including, but not limited to, the virus commonly known as COVID. This is a common exclusion in most policies. For your own safety and the safety of your rowers, please use this document and local, state and federal guidelines to create a mitigation plan. We urge you to not engage in activities that violate applicable government guidelines or the law. All claims will be subject to the terms, conditions, and exclusions contained within the policy.

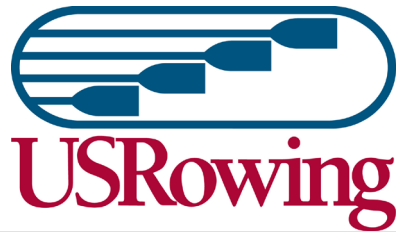
Every individual that your program wishes to insure under the USRowing insurance program must be at least a Basic Member with a signed waiver. This includes providing coverage during practices and other non-competitive member club operations at your venue or premises.

Teams looking to host a dual or tri-meet can do so but are required to list these races with USRowing. Using the Member Portal at <https://membership.usrowing.org>, log in to your program's organizational account and click "Regattas." List the names of the two or three teams attending as the name of the event. Listing a dual or tri-meet is free to member organizations but is required for coverage to apply.

Registered Regatta Risk Mitigation Plan Guidance

The following is intended to help LOCs to structure their 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. Describe your venue mask policy.
4. 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.
5. Provide the Event Medical Plan.
6. Provide prevention measures that the LOC/venue will take prior to and during the regatta.
7. Explain how the regatta/LOC will address the following items.



- a. What additional safety and sanitation precautions are in place.
- 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. What is the venue's medical setup?
- e. Does the regatta have the required number of referees to ensure the safety and fairness of the regatta?
- f. What is the plan to provide appropriate Personal Protection Equipment for referees, volunteers, etc.
- g. What signage and other means of communication that provide information on what to do if an individual begins to feel sick or there is suspicion of possible COVID infection at the venue will be provided?
- h. Please review the [Modified Referee Procedures for COVID-19](#) document and indicate which of the procedures you are implementing.