



# Hillsborough High School Rowing Club

## COVID-19 Precautions

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As our club begins to hold practices and get out on the water again, we are instituting additional policies and protocols to align with the current CDC health guidelines and imposed City of Tampa and statewide restrictions.

### Protocols

- Rowers and coaches who have a temperature above 100.4 degrees, are experiencing COVID-like symptoms, or who have been in contact with someone who has had COVID-like symptoms **MUST** stay home until they have been symptom free for 72 hours.
- Rowers and coaches who are waiting on COVID test results cannot return to the boathouse until they have been **SYMPTOM FREE for 72 hours**.
- Rowers and coaches who test positive must self-quarantine for a minimum of 10 days and be symptom free for 72 hours before returning to practice. Rowers who test positive must also bring a signed form from their doctor clearing them to resume physical activity.
- If a rower or coach travels outside the Tampa Bay area, please email the club account at [hhsrowingclub@gmail.com](mailto:hhsrowingclub@gmail.com) before returning to practice, and be aware that depending on the circumstances you may have to self-quarantine for 10 days before returning.
- **Masks will be MANDATORY** on land, around the boatyard and dock area. They may be removed only when actively exercising or when in a boat.
- All rowers may NOT return to the boathouse without a signed waiver by both the rower and parent that they understand these guidelines and the COVID-19 protocols.

### Procedures

- Before rowers are allowed to attend practice, they must be signed up through SignUp Genius and have all required waivers signed and turned in.
- Only singles and doubles will be used (no 4s or 8s allowed on the water).
- Rowers will be assigned training groups until further notice to keep exposure risk down.
- Each rower will clean their own erg and oars before and after each use, and equipment will be taken in and out of the boathouse in small groups to minimize contact.
- Coaches and rowers will maintain a physical distance of at least 6 feet at all times.
- Ergs will be used strictly outdoors and will be spaced at least 12 feet apart and staggered.
- No fans will be used in the boat bay.
- Rowers and coaches will not gather before or after practice. Boat launches will be staggered to maintain distance.
- Coaches and rowers will use hand sanitizer before and after practice.
- Hooks will be provided for bags to be hung on the equipment area in the back of the boathouse. Any belongings brought to practice must be in a bag that can be hung up.

I, \_\_\_\_\_, have read and agree to the above terms. I understand that any violation of these rules may put my participation at risk

ROWER'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_