

## *Renton Rowing Center 2022 Athlete & Parent COVID Guide*

### Current COVID Protocols

We have continued to track multiple data points of the COVID pandemic in the city, county and state. In particular we are tracking protocols, responses and unfortunately outbreaks in other rowing and athletic organizations.

Our team of advisors which include medical doctors, COVID researchers and public health specialists have briefed us on the behavior and seriousness of the variants of COVID as well as “long-covid”. They are in full support of the following updated protocols which are now being implemented in response to COVID.

- Masks are required for staff and all athletes in the offices, boat bays, and docks. Masks may be removed by athletes once out on the water per participants’ comfort level. Masks must be worn over the mouth and nose.
- Indoor training in the boat bays is permissible, on the condition that all front doors, main bay doors, and side bay doors are open fully for maximum airflow. Athletes must remain socially distanced by the recommended 10 feet or more. Indoor training in any of the upstairs rooms or back storage areas is not permitted.
- Each athlete must answer a set of health questions daily upon arrival at the boathouse. If a coach determines that the athlete is displaying symptoms based on their answers, the athlete will not be permitted to participate in practice.
- Athletes must also fill out a virtual sign-in form when they arrive at the boathouse with their full name, date, arrival and departure time.
- Vaccinated athletes may row in team boats with other vaccinated athletes. Unvaccinated athletes may only row in singles, or in doubles with one other person to form a “Double Bubble.” Unvaccinated youth athletes who wish to form a Double Bubble must express written approval from the parent or guardian of each athlete.

Vaccinated athletes may opt out of team boats, or choose to form a Double Bubble if this is more suited to their comfort level.

If you are not currently vaccinated but plan to be in the future, you may only row in singles or in a Double Bubble until 2 weeks after receiving your final vaccination shot. After this period, you will be permitted to row in team boats.

### Our Ongoing Response

We are prepared to adjust our protocols according to the local, regional, and national data and guidelines we are monitoring. Here are some potential changes you may expect to see from us in the event that we require additional restrictions around the boathouse.

- No indoor training, regardless of social distancing or airflow.
- Small boats only, regardless of vaccination status.
- Singles only, regardless of vaccination status.
- Reduced program sizes.

Our first priority is to keep our athletes, staff, and community members safe and healthy. We are prepared to implement one or more of these changes to our policies if we deem it necessary.

If your athlete requires additional accommodations in order to feel comfortable participating in our programs, please let us know.

### Best Practices For Staying Healthy On & Off the Water

While we can never fully ensure that we will not be exposed to or contract COVID-19, there are steps that all of us can take to keep ourselves and our communities as safe and healthy as possible.

- Wash or sanitize your hands frequently. We have hand sanitizer available at the boathouse on the front desk and the upstairs table.
- Wear a mask at all times while indoors. Per our current COVID policies, athletes may remove their masks once out on the water, or while erging indoors with all bay doors open and with appropriate social distancing. The CDC recommends N95 or KN95 masks for the highest level of protection.
- If you are comfortable and able to do so, get vaccinated and boosted for COVID-19. You can find more information on getting vaccinated [HERE](#).
- Get tested regularly if you are able, as well as anytime you are exposed to someone with COVID-19 or are experiencing any symptoms of COVID-19.

### What to Do if You May Have COVID-19

We strongly recommend the following protocol for our athletes based on current CDC guidelines. In addition, please notify an RRC staff member if your athlete has tested positive for COVID-19 or has been exposed to someone with COVID-19. If your athlete

has tested positive, any close contacts (teammates, staff, volunteers, etc.) will be notified with your name kept anonymous.

If you test positive for COVID-19 (Isolation):

*Regardless of vaccination status:*

- Stay home for 5 days.
- If you have no symptoms or if your symptoms are resolving after 5 days, you can leave your home.
- Continue to wear a mask around others for 5 additional days.
- If you have a fever, continue to stay home until your fever resolves.

If you were exposed to someone with COVID-19 (Quarantine):

*You have been boosted, **OR** received your second dose of the Pfizer/Moderna vaccine in the past six months, **OR** received your Johnson & Johnson vaccine in the past two months:*

- Wear a mask around others for 10 days.
- Test on day 5, if possible.
- If you develop symptoms, get a test and stay home.

*You are not boosted, **OR** received your second dose of the Pfizer/Moderna vaccine over 6 months ago and are not boosted, **OR** received your J&H vaccine over two months ago and are not boosted, **OR** you are unvaccinated:*

- Stay home for 5 days. After this period, continue to wear a mask around others for 5 additional days.
- If you cannot quarantine, you must wear a mask for 10 days.
- Test on day 5 if possible.
- If you develop symptoms, get a test and stay home.

### How to Get Tested For COVID-19

As COVID continues to spread, obtaining a test can be difficult or time consuming. It's best to schedule a test as soon as you suspect you may have been exposed or begin experiencing symptoms. If you're able to do so, we also recommend keeping rapid at-home tests on hand.

There are several ways to obtain a test, as outlined below:

- Order free tests through the United States Postal Service. They are providing 4 free at-home rapid tests per residential address. You can order online [HERE](#).
- Order free at-home rapid tests through the WA Department of Health. You can check if you're eligible to receive free tests through this initiative online [HERE](#).
- You can find a testing location near you via the King County website [HERE](#).
- Purchase your own rapid at-home tests. You can read more about rapid at-home tests and where to order them [HERE](#).

### When to Return to the Boathouse

We appreciate that our athletes do not want to return to the boathouse until they're sure they aren't putting themselves or others at risk. We are deferring to CDC and DOH guidelines on when to return to your normal activities after quarantine or isolation, which are as follows:

- If you were exposed to someone with COVID-19, you may return to the boathouse if the following criteria apply:
  - You have quarantined for 5 days and have received a negative test result.
  - If you were not able to get tested, you have quarantined for 10 days.
- If you have tested positive for COVID-19, you may return to the boathouse if the following criteria apply:
  - If you do not have any symptoms and have isolated for 5 days after the date of your test collection.
  - If you were exhibiting symptoms, have isolated for 5 days after the date of your test collection, and have been at least 24 hours without a fever.

### Helpful Resources

If you would like to learn more about current guidelines and recommendations for COVID-19, please refer to the resources linked below.

[CDC Website](#)

[Washington State Department of Health Website](#)

[Renton School District 2021-2022 Health & Safety Measures](#)