

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

*Updated as of March 24, 2022*

### **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:** Masks are encouraged but not required, per CDC recommendations, for staff and all athletes in the offices, boat bays, and docks.
- **Indoor Training:** 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.
- **Daily Health Questionnaire:** 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.
- **Daily Sign-In:** 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.
- **Team Boat Rowing:** 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 obtain written approval from a 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 data points and guidelines we are monitoring to keep our community members safe and healthy. Here are some potential changes you may see if we require additional restrictions at 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.

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 COVID-19, there are steps that all of us can take to keep ourselves and our community healthy.

- Wash or sanitize your hands frequently. Hand sanitizer is available at the boathouse on the front desk and the upstairs table.
- 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. 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, 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**

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. We also recommend keeping rapid at-home tests on hand if possible.

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

- Order free tests through the USPS. 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 your eligibility to receive free tests through this initiative online [HERE](#).
- You can find a testing location near you via the King County website [HERE](#).
- You can read more about rapid at-home tests and how to purchase them [HERE](#).

## **When to Return to the Boathouse**

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](#)