

## BCRC rowing activities during the Covid-19 pandemic (updated 3-21-2021)

**Purpose:** This document will outline the procedures and responsibilities for BCRC rowing activities during the Covid-19 pandemic.

**Background:** Bay City Rowing Club continues to closely monitor the situation surrounding Covid-19 and our ability to run our rowing programs. New guidelines from US Rowing (Feb 2021) allow for the possibility of rowing in team boats, if organizations are following state and local requirements for outdoor recreational activities.

**Rower supplies:** mask(s) and water bottle with your name on it.

**PPE at the Boathouse:** Masks need to be worn inside the boathouse, outside the boathouse, during all activities per US Rowing Guidelines. Masks only can be removed while rowing in singles or in team boats with members of the same household. Coxswains in stern cox boats MUST wear a well-fitting mask (surgical mask) and wrap-around eye protection while in the cox seat.

### Boathouse procedures

- Monitor your health and travel status per COVID-19 agreement
- Come dressed to row, do not change in the locker room if at all possible, only two allowed in the locker room at a time.
- Leave all your personal items in your car except for keys, and rowing supplies.
- Put your mask on as you enter the boathouse area.
- Put your keys on the designated hooks located above the sign in board.
- **Wash your hands in the office**, dry and use hand sanitizer. Use the office rather than using the locker room to wash your hands. Only 2 people allowed in the office at the same time.

### Disinfectants Chart – do not mix disinfectants

Disinfectant	Container	Precaution	Use on
Diluted Nutra Quat	White Garden Sprayer	Avoid eye contact	Rowing boats (not shoes), slings, coach boat and dolly, dock ramps, dock bird guard posts, oars, garden hose and hose dolly.
Pure and Clean	White trigger spray bottles	Avoid eye contact	Boat shoes, PFDs, boots
Alcohol wipes, or Holland Alcohol spray	Plastic containers, or spray bottles	Avoid eye contact	Handles of brooms, rakes, shovels, oar handle grip, hose dolly handles frequently used surfaces in the boathouse: door knobs, bay door, office faucet, restroom faucets, stall doors, flusher, etc.

**Before Rowing - Ramp placement and Dock Cleaning** – 2 to 3 people need to be available at the start of rowing to install the ramps and clean the dock.

- The cement approach should be evaluated for debris that would interfere with the dock placement. Rakes, brooms, shovels (handles previously disinfected) should be used to remove debris.
- The clean and disinfected ramps need to be removed from the boathouse and placed for use.
- Broom, shovels, (handles, disinfected) should be used to clean the dock.
- Goose/Duck guard strings should be lowered.

- After ramp placement and dock setup – wash your hands in the office (1-2 people at a time), and apply hand sanitizer.

### **Dock Rules**

- Do not carry other peoples' oars, water bottles, PFDs.
- All boats, oars and PFDs inside the boathouse should be stored already clean and disinfected.

### **Cleaning Boats after rowing**

- Put boats on slings and place oars on plastic low boys, PFDs on porch.
- Use the hose to spray off **both sides** of the **boat and oars**, and dry off the boat a little with a clean towel.
- Spray **Nutra Quat** disinfectant on both sides of boat (do not spray on shoes), do not hand dry.
- Spray **Pure and Clean disinfectant** inside and outside of the **boat shoes**.
- Spray both sides of the oars (blades and shaft) with **Nutra Quat**, avoid the hand grip.
- Clean oar grips (not shaft) with **alcohol wipes**.
- Return boats and oars to the boathouse
- When done with slings, spray off with hose and then spray lightly with Nutra-Quat.

### **PFDs and boots – cleaning**

- After rowing, please spray off PFDs with Pure and Clean disinfectant and put on designated PFD hooks to dry.
- Spray inside of boots with Pure and Clean after use. Leave in boot storage area.

**After Rowing - Ramp removal and disinfecting** – 2 to 3 people need to be available at the end of rowing to remove the ramps and clean and disinfect them. Social distance as much as possible.

- Goose/Duck guard strings should be raised.
- Spray the plastic rods with Nutra Quad disinfectant.
- One by one the ramps should be pulled up to the boathouse, but still on the cement, and allowed to drain.
- Use the hose to spray off the ramps.
- Nutra Quat disinfectant spray should be applied to the ramp and rope handles, and allowed to dry for a couple minutes, and then pulled into the boathouse for final drying.
- The handles of all brooms, rakes, shovels, etc. that were used during the day should be wiped down with alcohol wipes.
- The water should be turned off in the office, hose should be rolled up, and the hose dolly handles wiped down with an alcohol wipe.

### **Locker room/Restroom**

Per US Rowing Locker rooms should be closed. No changing clothes. Use only for restroom.

Aerosols can be formed when flushing the toilet, so the following guidelines should be followed when using the toilets.

### **Women's and Men's Locker Room**

- Women's locker – as you are entering the room turn exhaust fan on for maximum time (10 minutes)
- Men's locker – as you are entering make sure fan is on for 2-3 hours.

- Only one or two people in the locker room at a time. Call in from entrance to see if anyone is in locker room.
- Wipe the toilet and handles prior to use with alcohol wipe. Allow to dry for a minute. Do not discard alcohol wipes in toilet.
- After use flush toilet/urinal, spray Lysol in room (if available) and leave the room.
- ***Go to the office and wash hands.***

### **Boathouse Log Book**

- Use the log book as normal. Wipe the pen down with alcohol wipe prior and after use.

### **Boathouse Common Surface Cleaning**

- After rowing, everyone should take a wipe(s), and wipe down the shared surfaces. Door handles, locker room door handles, garage door touch points, pen for log book, office sink faucets, hose dolly handles, disinfectant sprayer handles, restroom stall doors, handles, sink faucets, light switches, fan timer switch, hot water heater switch, soap and hand sanitizer bottles, etc.

### **Coach boat procedure**

- The coach boat should be stored in the boathouse, already clean and disinfected. Minimize the amount of un-necessary items in the coach boat. If necessary to have 2 people in the coach boat, the people should be located on opposite ends.
- 2 people should use the dolly to get the launch boat into the water.
- After use the boat on the dolly should be pulled up the approach, and the outside of the boat hosed off with water.
- Spray Nutra Quat disinfectant on the outside of the boat and dolly. Do **NOT** spray the motor.
- Use an alcohol wipe to disinfect the motor handle and controls.
- Allow to dry a few minutes, and then return to the boathouse.