



Rock Creek Rowing Inc.



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RCR BOARD 2021 COVID POLICY

April 2021

The RCR Board will insist on **100% vaccinations** for members who are rowing in RCR sweep boats and doubles. We will still permit the use of doubles by members who are not vaccinated with individuals in their households. It is the Boards belief that this policy will keep everyone safe so that we can all row again another day, or year, or decade.

Full vaccination is defined as a **minimum of 2 weeks beyond your second Pfizer/Moderna dose or 2 weeks beyond your only Johnson & Johnson dose** of the COVID-19 vaccine.

If you are attending practice you are acknowledging that

- you do **not have any COVID-19 symptoms**, and are not experiencing shortness of breath, chest pain or tightness in your chest
- you or anyone in your household is **not currently waiting for results** of a pending test
- to the best of your knowledge you have **not been in close proximity** to some with COVID-19

Note that the Thompson Boat Center has additional COVID requirements such as daily temperature checks, wearing a mask properly when at the boathouse and limited access/time restrictions on the dock to prevent crowding.

From its inception, Rock Creek Rowing has taken the safety of its members very seriously. There are elements of risk with every sport and rowing on an active waterway like the Potomac certainly has its share. Up until recently, those risks focused on water conditions, weather (primarily wind and lightning) and safe navigation in the presence of other boats.

The pandemic has introduced an entirely new set of risks especially given the tight physical quarters of the boats we row and that COVID-19 is an air borne illness of the respiratory system. Only recently has US Rowing changed its very strict guidance on multi-person rowing, now deferring to the clubs to evaluate the best plan forward for safe rowing.

The knowledge and circumstances around COVID-19 are changing constantly and, as such, RCR wants to adopt conservative measures for returning to sweep rowing. Our members live in a tri-state region with multiple prevalence rates and diverse circumstances. This situation further complicates the metrics for understanding community infection rates and their impact on gauging risk for convening sweep rowing activities. Presently other

Masters rowing clubs in the DC metropolitan area have not changed their restrictive boating policies.

As a Masters program, we face greater risks to rowing under COVID compared to younger athletes without the associated cost of waiting out a scholastic season or missing a last national/regional competition. Most of our rowers fall into an age category of greater vulnerability to COVID and we face no downside by staying off the water until we're all vaccinated as compared to these younger rowers.