

Boathouse COVID-19 Rules Fall/Winter 2020-2021

General Rules

1. Teams may have a group of 40 rowers plus coaches at the boathouse at one time. There may be 2 different teams on site as long as each group is separated by a minimum distance of 30 feet per IDPH guidelines.
2. Masks must be worn by all rowers and coaches while on site. It is recommended that masks be worn while rowing in boats.
3. Masks must be worn inside the boathouse.
4. Tank room usage will be limited to 8 rowers and 1 coach. Masks must be worn at all times.
5. Erg Room will be limited to 12 rowers and 1 coach. Masks must be worn at all times.
6. Only one team may be on the dock at a time. Other groups must wait until dock is clear before entering. Please stick to your scheduled dock time(s).
7. Please have parents stay in their vehicles for drop-off/pick-ups. Coaches may communicate with parents in their vehicles.
8. A representative from LARA will coordinate and manage the schedule for teams using DRC.
9. Compliance with these rules requires monitoring by coaches and rowers. Non-compliance should be reported and may result in loss of privileges to use DRC.

Teams/Clubs – On the water

To avoid large groups at/on the dock there will be a set schedule for dock usage. Only one team may be on the dock at a time. Other groups must wait until dock is clear before entering. Please stick to your scheduled dock time(s). Reservations will be based on seniority of organizations at the boathouse. You may have to re-arrange your program times and reduce the number of rowers to make this work.

1. Please be mindful of other groups and be prepared to get on and off the dock quickly.
2. Scheduling of the dock will take place during the following times: 6am – 9am and 2pm – 7pm.
3. Teams/Clubs may switch reservations with each other.
4. At least one launch staffed with a team coach is required for every two like boats on the water (i.e. at least one launch with a team coach per two 8's (or similar speed boats) and at least one launch with a team coach per two 4's (or similar speed boats).

Building Access

1. If you have access to the building, please designate 1 person to enter and open the storage bay door for you to access your equipment.
2. Anyone entering the facility should be wearing a mask.
3. Please take accurate attendance for each practice. You may be asked for an attendance sheet for contact tracing purposes.
5. All teams should always encourage their rowers to have a personal bottle of sanitizer with them.
6. All rowers are encouraged to carry their own oar to and from the dock.
7. Teams should wipe down oars and riggers before and after each use.
8. Please leave personal belongings in a secured vehicle or have a team member watch over bags, etc. while others are out on the water. Please do not bring personal items inside the facility. Do not use the "cubbies" on the second floor.

General Inside Boathouse Use

1. Avoid touching surfaces as much as possible such as door frames, windows, walls, etc.
2. Please wash hands after using the rest rooms.
3. Do not congregate inside the boathouse.
4. Masks should always be worn inside the boathouse when not exercising.
5. Please let me know when you plan to be in the boathouse so I can make sure that the building gets disinfected properly.

Tank room/Erg room use

1. Ergometers must be wiped down with spray bottles provided by the district before and after each use.
2. Please dispose of paper towels in waste cans provided.
3. Do not re-arrange ergometers. There will be few ergs available than before.
4. Tank room seats, foot stretchers, oars, and riggers must be wiped down before and after each use with spray bottles provided by the district.
5. Please dispose of paper towels in waste cans provided.
6. The tank room will be limited to 8 rowers and 1 coach. The erg room will be limited to 12 rowers and 1 coach.