

## **2021 GORC BOATHOUSE HEALTH GUIDELINES**

*New York State considers crew rowing a “moderate-risk sport/activity.”*

1. ONLY 1 CREW at a time is allowed inside the boathouse to take out and return boats/equipment.
  2. WEAR A MASK if there is more than one person in the boathouse who is not in your crew/pod.
  3. WASH or SANITIZE YOUR HANDS THOROUGHLY AND FREQUENTLY.
  4. MAINTAIN SOCIAL DISTANCING from those not in your crew/pod. Limit the number of rowers and boats on the dock at any 1 time when launching and landing boats.
  5. CLEAN &/OR DISINFECT\* all commonly touched areas, such as the keypad, door handles, overhead door locks and rope, light switch, pens, oar handles, oar locks, seats, etc.
    - a. DO NOT USE alcohol or bleach-based products on any parts of the boat. USE soap and water or the available products in the boathouse.
    - b. If using the spray cleaner inside the boathouse, spray on cloth or paper towel first, then wipe the surfaces thoroughly. Spray cloth with disinfectant and hang to dry.
    - c. Properly dispose of any trash into the trash bin or take it home with you.
- \*Disinfectants and other cleaning supplies are located by the man-door in the boathouse.
6. SELF-MONITOR YOUR HEALTH:
    - a. If you feel sick or have Covid symptoms, refrain from rowing and/or coming to the boathouse.
    - b. Members must inform the club IF they test positive for Covid or have been in close contact with someone who has tested positive for Covid. *When reporting, please contact GORC’s primary health designee, Carly Lovelett ([carly.lovelett@gmail.com](mailto:carly.lovelett@gmail.com))*. If she cannot be reached, contact Christine Daggett, Membership Co-Coordinator (315 261-9546).
  7. ONLY FULLY VACCINATED ROWERS CAN SUB IN ANOTHER BOAT. Rowers in that crew must unanimously agree to accept the substitute.
  8. ALL ROWERS MUST LOG IN:
    - a. Reserve boats on the club Google calendar; stagger rowing times to minimize contact on the dock and in the boathouse and to maintain social distancing.
    - b. Use the clipboard “log” in the boathouse. Name all crew members; label the stroke & cox.
  9. USRA RECOMMENDS COXES wear masks and wrap around eye protection.

*The health and vaccination status of club members is based on the honor system. Please respect the system to insure the health and safety of the club and the community at large.*