2021 updated safety procedures for Sound Rowers amid Covid-19 pandemic

## General

**It is the intent of the Sound Rowers board, and race directors, to run events adhering to both the letter and spirit of the State's reopening restrictions**. There may also be local parks, county, city restrictions which will also apply.

It is the intent of the Sound Rowers board to cancel events on an individual basis, if required.

**Note**: *updated guidelines change phase 2 and 3 re-opening, to Phase 1 and Phase 2. We are currently in Phase 1.*

## Who can register?

All Sound Rowers members and non-members, except Do NOT register for a Sound Rowers event if:

1. You have tested positive for Covid 19. This applies until your medical professionals are satisfied you are no longer contagious.

2. If you do not feel well.

3. If you have been in contact with someone, within the previous two (2) weeks, who has tested positive for Covid-19.

## Who can attend?

1. Except for family members who also meet the registration requirements, **there should be NO spectators at any event (\*).**

## Team boats

1. **Only racers from the same household may form a team boat (\*)**. This means that for most racers the only option will be a single.

## RACE process 1: Traditional race - common location, starts in waves

1. **All registration for an event must be online**. Currently this is Webscorer for most events.

2. **A prerace meeting should be held online** (Zoom, or equivalent), with the recommendation this is done the evening before the race. Sound Rowers has a Zoom account which can be used for this purpose.

3. There should be no grouping around the collection of race numbers. These should be given out by the race staff in a manner which avoids all congregations of racers and staff.

4. **Races must take place in waves of 10 racers** (\*). It is recommended, though not required, that these waves are made up of racers in the same Sound Rowers class. Several classes may fit into one wave.

5. **Waves must start at a minimum of 1 minute apart**. Wave separation of 2 to 5 minutes is fine. The waves should be organized so that the fastest boats go first, reducing potential congestion at the finish.

6. No congregation of people around hydration, **toilets**, or any other race location.

7. No more than 200 total racers (\*).

8. **Face coverings are REQUIRED for all race staff and for racers until they are called to the start line. Racers must put their face coverings back on after landing when the race has finished.**

9. All racers and race staff should try to maintain social distance throughout the event.

10. **There should be NO post-race lunch, social event, or award ceremony**. Awards can be made available, on an individual basis, to racers at the finish, or digital awards can be emailed to the award winners.

11. **A staff member should be assigned the role of discouraging any ad-hoc social gathering**, if social distancing and mask guidelines are not being adhered to.

## RACE process 2: Zoom race - races in different times or locations

1. Registration is required on an online form, such as Google Docs. Racers log into a Zoom meeting a few minutes before the event starts.

2. Face coverings are REQUIRED for all race staff and for racers until they are called to the start line. Racers must put their face coverings back on after landing when the race has finished.

3. All racers and race staff should try to maintain social distance throughout the event.

4. No more than 10 (\*) racers may start at the same time from the same location - different locations are recommended.

5. Racers enter their own results into the online doc.

## Safety boats and rescues

1. Safety boat crew should wear their masks all the time.

2. If a racer, race staff member, spectator, or any other person in the vicinity of the race, is in danger, then they should be rescued as a priority.

3. It is recommended that racer-rescuers wear their masks, though it is understood that in some situations this may be difficult - for example a single racer rescuing another may not be able to access and put on their mask safely while performing a rescue.

### (\*) Phase 2

The numbers given above are for Phase 1 re-opening. For phase 2 the following limits are increased:

1. Wave size can increase to 30 racers.

2. Up to 100 racers may be waiting their turn at the start.

3. Up to 500 total racers.

4. Small groups of spectators allowed. Groups of 15, from no more than 2 households.

5. Team boat doubles are allowed.

## FOR REFERENCE

State guidelines are available here:

2021 Guidelines

<https://connect.xfinity.com/appsuite/#!!&app=io.ox/mail&folder=default0/INBOX>

Old guidelines

<https://www.governor.wa.gov/sites/default/files/COVID19%20Phase%202%20and%203%20Biking%20Running%20Etc.%20Guidance.pdf>