



## **Sammamish Rowing Association**

### **Sammamish Strong – Phased Reopening Plan**

### **Spring and Summer 2020**

#### **Why are the hours through Step 3 limited to the morning? Why limited to weekdays?**

Hours are restricted to weekday mornings for safety reasons. In summer Lake Sammamish is busy in the afternoons and on weekends. In the early steps of the plan, when SRA will have few or no coaches on the water, rowing in those busier times is too dangerous. We will consider adding additional hours if it is safe to do so.

#### **I row my own boat and oars, stored outside. Am I restricted from using it outside of the specified hours M-F?**

Members who own their own equipment and store it outside can row at any time. However, they will not have access to the boathouse, which will remain locked, and there likely will be no staff on site.

#### **I row my own boat and oars, stored outside. Do I have to abide by the same rules such as only 3 people on the dock?**

Yes. Health and safety protocols apply to all members.

#### **Is there a limit to time we're allowed to be on the water?**

Yes, rowers are allowed a total of 90 minutes, which includes 30 minutes for launching/returning and 60 minutes on the water. These limits are designed to ensure minimal overlap on the dock.

#### **How will I know which coach is in charge at the boathouse?**

At least one coach will be in or around the boat bays at all times.

#### **Can I contact the on-site coach in case I need help on the water?**

In Step 2, the on-site coach needs to remain at the boathouse, so Step 2 is limited to rowers who have prior experience rowing singles. In Step 2.1, a coach will be on the water between the slough and the point. Rowers with less experience should stay in that area to be near a coach.

#### **In a 1x, is it ok if I just want to row back and forth in the slough?**

Yes. Move slowly and check your course often.

#### **What will the hours of operation be for Steps 4 and 5?**

In Steps 4 and 5, operating hours will be closer to SRA's pre-COVID hours, but everything is subject to change as we evaluate and adapt.

### When will we be able to resume regular team rowing/schedules?

As with every step of the reopening plan, SRA will follow the guidelines from the State of Washington, King County, and the City of Redmond. Based on the most optimistic scenarios, the earliest we might be able to return to team rowing is August.

### Why won't the erg room be open?

The increased respiration resulting from erging, combined with the relatively enclosed space of the erg room, can lead to heavy circulation of germs and create too much risk for rowers and coaches alike. Additionally, gyms and health clubs currently remain closed in Washington. Once the state permits the reopening of gyms and issues guidelines for cleaning and spacing of equipment, SRA will re-evaluate use of the erg room. It may not be safe or practical to open for some time.

### Will SRA provide coached sessions?

In Step 3, which will start on July 1 at the earliest, SRA will offer coached sessions in quads and fours.

### What happens if the state or King Country increases restrictions?

SRA's reopening plan is designed in steps to permit moving forward or back within the plan, tightening or loosening restrictions in compliance with public guidelines.

### Will the reopening plan be reviewed and updated?

Yes, SRA will monitor conditions and adapt the reopening plan as needed.

### When will Juniors (under 18) be allowed at the boathouse?

Juniors will be allowed at the boathouse when we reach Step 3, which will begin July 1 at the earliest. They will likely be in singles to start.

### When will other programs (middle school, Row for a Day, Learn to Row) resume?

We expect to resume adult Learn to Row in Step 3, which will begin July 1 at the earliest. Row for a Day and middle school rowing will most likely remain on hold until physical distancing limitations are removed, as it is difficult to teach rowing while maintaining six feet of distance.

### Will updates to the plan be posted on all of SRA's communication platforms?

Updates to the plan will be posted on SRA's website, which is the club's primary communication tool. Email, social media channels, and Slack will direct users to the website for news and updates.

### Why isn't SRA providing the door code to get into the boathouse?

In order to ensure the health and safety of our entire community, SRA is limiting access to the boathouse to times when staff is present and able to supervise building use.

## ***Registration and boat reservation***

### How will the four-week registration work?

Memberships be on a rolling basis. Rowers will be able to purchase a membership that is good for four weeks from its effective start date.

### What if I already have an Independent Rowing Card (IRC)?

Current IRC holders do not need to re-register; their IRC qualifies them to participate in Step 2. However, they will need to comply with all Step 2 requirements, including reserving boats and launch time slots.

### What happens if demand exceeds supply of boats and launch time slots in Step 2 and 2.1?

SRA will continue to evaluate and adapt. If it is safe to add more slots, we will do so.

### How do I reserve a boat and timeslot?

Current IRC holders should follow normal procedures. Non-IRC holders who register for Step 2.1 will receive information on reserving boats and timeslots in their confirmation email.

## ***Equipment usage***

### How will I know if I'm qualified to row a single?

This will be up to the on-site coach's discretion. You may be asked to go through an orientation or flip test.

### If I have never rowed a single, when will I be able to try with this plan?

Step 2.1, which will begin June 14 at the earliest, will be open to rowers with little or no experience rowing singles. Rowers will need to go through a boat-handling orientation with an on-site coach.

### How will I know which boat and oars to select?

Information on equipment selection can be found in SRA's rower handbook and boat selection calculator. Links to both will be provided in the confirmation email for rowers who register for Steps 2 and 2.1.

### What if boats in my weight class are always booked?

Inform one of the coaches, and we will work to get you the proper boat.

### Is it possible to take out a quad or four and row as a pair?

Quads and fours must have four rowers. For safety reasons, boats must be rowed with the number of people for which they were designed.

### If SRA runs sessions with fours and quads, will coaching be provided?

SRA safety rules require a coach to be out with any boats bigger than doubles and pairs. Coaching will be provided once SRA adds sessions with quads and fours in Step 3, which will begin July 1 at the earliest.

### ***Covid-19 sanitary requirements***

**What are the cleaning protocols we need to follow, and how will that be communicated?**

Cleaning protocols will be clearly posted throughout the boathouse.

**Will rowers be responsible for wiping down their own boats and oars? Who will provide the cleaning supplies?**

Yes, rowers are required to clean equipment after they use it and are encouraged to clean equipment before they use it. SRA will provide the necessary cleaning supplies.

**Do I need to wear a face mask on the water?**

Rowers are not required to wear masks while on the water. However, masks are required at all other times while rowers are on SRA grounds, including at the boathouse, on the dock, and on the path.

**How will social distancing and other protocols be enforced?**

SRA will rely on the efforts of members to comply with guidelines, and staff will be empowered to enforce all requirements.

**What are my responsibilities for cleaning the bathroom after I use it?**

Follow the posted cleaning protocol in the restroom. Your cooperation is essential to keep the bathroom as germ-free as possible.

**Is it okay to help someone carry their single?**

Staff will not be permitted to help carry boats and should not be asked to do so. Rowers may ask other rowers for help, but members should use their own judgment when deciding whether to help. Members who carry boats together should maintain at least six feet of distance from one another.

**What should I do if I see someone violating a health or safety rule or if I have questions or concerns about procedures?**

For a prompt response, rowers should notify the onsite coach. To report less urgent matters, rowers can email [info@srarowing.com](mailto:info@srarowing.com) or call the boathouse at 425-653-2583.

**What if I forget my face mask?**

Face masks are essential to maintaining the health of all members. If you do not have a face mask, you will be asked to leave. SRA does not have masks to provide to members, so be sure to bring one with you.

**What are my responsibilities around disclosure of COVID testing of myself or family members?**

You are required to notify SRA staff if you or a member of your household has tested positive for COVID-19.

**What steps will SRA take if a rower tests positive?**

SRA will close the boathouse for as long as needed to conduct a deep cleaning of the building and equipment. SRA will also notify anyone who rowed at the same time as the rower who tested positive and will require those individuals to stay away from the boathouse for 14 days.