

COVID Guidelines for On-Site Rowing at Sandy Run Regional Park

All content in this document is intended to provide only general park information. **All organizations and athletes must follow state and/or local rules, regulations and guidelines and may seek additional guidance from the Virginia High School League or US Rowing.** If there are specific questions about public health or safety, it is recommended that you seek advice from your local public health officials or a medical professional.

The information below is to provide member organizations, coaches, and athletes with information they can use to help minimize exposure and develop protocols for rowing at Sandy Run and Bull Run Marina during COVID-19.

General On-site Guidelines

- Only rowers and necessary coaching staff should be present during practices and regattas. Spectators are not permitted.
- Do not enter Sandy Run Regional Park or Bull Run Marina if you have any signs or symptoms of COVID-19.
- Do not enter Sandy Run Regional Park or Bull Run Marina if you have tested positive for COVID-19 within the last 10 days.
- Do not enter Sandy Run Regional Park or Bull Run Marina if you have been exposed to COVID-19 in the prior 14 days.
- All athletes, coaches and support staff should be screened daily for any signs or symptoms of COVID 19 upon arrival to Sandy Run or Bull Run Marina and before beginning activities, entering buildings, or using any equipment.
- Training should focus on a “get in, train, get out” approach, minimizing unnecessary contact.
- Maintain at least six feet of physical distance from other individuals.
- Wear a face-covering at all times when not training or on the water, this includes on the docks, inside boathouses.
- Ten feet of physical distance between individuals is required if a mask is not worn while training, twelve feet if training indoors, including twelve feet of spacing between ergs.
- If possible, one dock/set of docks should be used for launching and a second dock/set of docks should be used for recovery.
- Practice participants (coaches and athletes) will be limited to no more than 330 persons on site during practices.
- Regatta participants (athletes, coaches, officials and staff) are limited to no more than 1000 persons on site, pending any additional guidance from the CDC and VDH.