



# Vesper Boat Club COVID-19 Protocol

Last Update: 9/1/2021



# Vesper Boat Club: COVID-19 Protocol

- This plan provides the current list of approved activities at the club. Full club use and activities remain restricted due to the ongoing COVID-19 pandemic.
- This plan is regularly updated as changes in government recommendations and requirements occur. The latest version is always available on our website [vesperboatclub.org](http://vesperboatclub.org)
- Remember, as a club member, you enter at your own risk. All members coming to the club need to sign the COVID-19 waiver available on iCrew.
- If you are feeling at all unwell or have any symptoms of COVID-19, DO NOT COME TO THE CLUB.
- Members looking to workout at the club must have an iCrew account
- Questions about club access or iCrew? Contact our Club Captains Jenn Mussio and Mari Folco at [vespercaptain@gmail.com](mailto:vespercaptain@gmail.com)

# Current Approved Club Access

The policies listed here were developed by the Pandemic Task Force and approved by Board of Directors



## Vesper Pandemic Committee Members:

- Tom Simon (Chair)
- Cass Cunningham
- Eileen Normoyle
- Ellis Mair
- Erika McCormick
- Jenn Mussio
- Mari Folco



# General Club Access

- **As of September 1st, 2021, all members and guests of Vesper must be fully vaccinated to enter the club and/or participate in club activities.**
- All members must show their vaccine card to the captains or a Pandemic Committee member for confirmation.
- All visitors or guests must sign the club [COVID-19 waiver](#), upload their vaccine card to the form, and follow *all* Vesper policies while at the club
- Those accessing the club and not planning on a workout are asked to use the *Boathouse Visit* feature in iCrew to record their access for contact tracing purposes. If you do not have iCrew and need general access, contact the captains at [vespercaptain@gmail.com](mailto:vespercaptain@gmail.com).
- **Masks must be worn at all times *inside* the club** (*except when at a designated indoor cardio zone*)- masks are not required on the dock, decks, or in the showers
- Maintain distance from others when possible



# Rowing Access

## **Rowing is permitted under the following guidelines:**

- Members planning to row must make a **boat reservation in iCrew** (even for their private 1x) - this will be used for mileage tracking and contact tracing if needed
- A member who brings a guest to row/cox is responsible for ensuring their guest(s) sign the COVID-19 waiver. The member must also write the guest name in the **notes** section of their reservation in iCrew
- Masks must be worn while inside the club (including the boat bays) and may be removed once on the dock
- All individuals planning to row/cox out of Vesper must be fully vaccinated



# Cardio Equipment Use

## **Unmasked Indoor Cardio (ergs, spin bikes) is permitted under the following guidelines:**

- Equipment must be spaced 10 feet apart - there are 7 designated zones marked by black lines on the floor.
  - Fill Malta-side zones first
  - If 7 zones are occupied, members may take ergs outside to the front or back decks. Ergs must face away from the building and maintain 6' of distance from each other
- Masks must be worn until arriving at your zone, and put back on once your workout is complete
- Balcony doors must be fully open during the workout for ventilation



# HP Team Indoor Group Erg Test Access

**The High Performance (HP) Team has approval to conduct erg tests in main room under the following guidelines:**

- During these scheduled testing events, the HP team will reserve the full 2nd level club for the duration of the testing. Those needing access to the locker rooms should use the back stair access.
- The HP team tests will be done without masks, however ergs must be placed on the 7 designated zones
- Athletes may only be unmasked during the testing. Masks **MUST** be worn in ALL other areas of the club as well as by Coaching staff and those not currently testing.
- All team members must check in with iCrew for each session (boathouse visit)
- Balcony doors must be fully open during the workout for ventilation.
- Balcony doors with fans on will be left open for 10 min after the workout for a full air flush out of the Great Room (calculated need is 7 min.)



# Weight Room Use

## The weight room may be used under the following guidelines:

- Equipment use allowed: weightlifting equipment *only* (NO CARDIO EQUIPMENT)
- Doors to the erg room and kitchen hallway must remain open at all times and fans on to allow for air circulation
- Mask and Usage limitations:
  - 1 person or 2 same-household people may lift **unmasked**
  - Up to 4 people may lift **masked**
- Reservations:
  - Members must make a reservation in iCrew for the weight room zone before going to the club
  - Made under Reservations > Reserve a Shell > 1x Weight Room (A, B, C, D)- one person per reservation
  - Allow for up to 90 min of time
- Members using equipment must return equipment to its designated location and clean/disinfect the equipment and benches after use





# Locker Room Use

- Locker Room use is permitted
- Masks must be worn at all times, except while in the shower
- Maintain physical distance of 6' from others when possible



## Vesper's new equipment reservation & mileage system.

- To gain access to the club for a workout, you must have an account with iCrew. To get on our iCrew platform, please contact [vespercaptain@gmail.com](mailto:vespercaptain@gmail.com)
- When you get set up with your iCrew access you must sign the waiver on iCrew.
- All boat reservations are managed on iCrew. For rowing you need to make a reservation (even for your private 1x). If you are at the club and you see an available boat, reserve it before you take it out so others know it is not currently available. When finished with your row, log your miles in iCrew.
- For the weight room you must reserve a time slot (under 'Reserve a Shell'). Only 4 reservations are permitted at the same time



# What if Someone Gets COVID?

- We are asking members to notify the Captains if they have a confirmed case of COVID-19 and have been at the club within the past 14 days.
- People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](#). However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.
- Should there be a confirmed case of COVID that could have exposed others, contact tracing will occur. A general notice will go out to club members letting them know of the date of a potential exposure.



# What if Someone Does Not Follow the Guidelines?

- If you see someone who is not following the guidelines, we encourage you to remind them.
- We have an anonymous reporting form available for reporting any violations of the guidelines or you may contact the Vesper Captains.
- If there is an issue reported, the captain and Pandemic Committee will review the issue and discuss with the person in question.
- Violations will be handled as follows:
  - 1<sup>st</sup> confirmed violation – 1 week ban from the club
  - 2<sup>nd</sup> confirmed violation – 1 month ban from the club
  - 3<sup>rd</sup> confirmed violation – 1 year ban from the club