

## TYRA BOATHOUSE COVID19 ACTION PLAN

Parent's and Athletes,

The past few months have been difficult for us all. I know our athletes are doing their best to stay motivated and fit without the benefit of meeting as a team and it certainly is challenging. Following the US Rowing guidelines, the Board has met and put together a plan to open up the boathouse for athletes to practice together on a volunteer basis. Attendance is NOT required only an available option. We are working on a plan to resume water training in July to complete the Spring training and give us the best opportunities for success in the Fall season. These land practices at the boathouse will be led by me as weather permits (we will be working out outside) and my schedule allows. The goal is Monday-Thursday evenings 5-7pm. We may have pop-ins from time to time from Coach Yannick!

We ask that each athlete and parent read the requirements carefully and sign and submit acknowledgment of the new policies. We want to provide the safest atmosphere possible for our athletes and 100% adherence will be required.

- Each athlete will have laminated checklist posted on boathouse wall with required actions to be checked off by athlete as they are completed and monitored by Coach on site.
- Please take your temperature before leaving the house. Any athlete arriving to practice with a temperature greater than 99.5 will be sent home. No exceptions.
- Masks must be worn arriving and departing the boathouse. Masks may be removed during active practice.

- Report to Coach on arrival to get your temperature taken
- Visit hand washing station set up outside and wash hands thoroughly
- Sanitize your erg thoroughly– each athlete will pick one and use the same every practice. Ergs will be set up outside 6 feet apart when you arrive.
- Sanitize your erg thoroughly at the completion of your workout. If yoga mats are used, they must also be sanitized. You must use your own Yoga mat. No sharing will be allowed.
- While at the boathouse 6 ft social distancing will be required. No more than 2 athletes in the boathouse at the same time.
- Please leave ALL personal belongings at home other than practice necessities. i.e. water bottle, sunscreen

Adherence to these policies will take a little more time so we ask that you focus while working through these tasks to allow the most time to get in a good workout! I am really looking forward to seeing all your faces and enjoying you all together again!

Stephanie Reynolds  
TYRA Board President

Signed and acknowledged by:

---

Athlete

---

Parent