

COVID PROTOCOL FOR SANDY RUN PRACTICES

- *Prior to attending practice:*
 - *Dress for the weather and for rowing. No access to changing rooms.*
 - ***All athletes must bring and wear a mask while assembling, while riding the bus and while at the Sandy Run facility.***
 - ***At this time, masks must be worn while practicing and at competitions.***
 - ***You must bring 32oz of water with you, or you will not participate in the workout. No water is available at Sandy Run Park. NO FOOD WILL BE ALLOWED ON THE BUS. This is to minimize time where rowers are without a mask.***
 - *Bring a mobile device or laptop to complete the pre-activity questionnaire.*
 - *Please recall the FCPS Parent/Student Commitment to: screen all school-aged children in the home each day prior to sending him/her to school and agree to keep your child at home if he/she has:*
 - *Feeling feverish and/or having chills (if documented temperature/fever of 100.4F or greater)*
 - *A new cough not due to another health condition*
 - *Fatigue (more tired than usual)*
 - *Nasal congestion or runny nose*
 - *Headache*
 - *A new sore throat not due to another health condition*
 - *New chills not due to another health condition*
 - *New muscle pain not due to another health condition or that may have been caused by a specific activity such as physical exercise*
 - *New loss of taste or smell, new onset of poor appetite or poor feeding*
 - *Abdominal pain, diarrhea, nausea, vomiting*
- *Arrival*
 - *Please arrive between **2:45 and 3:10**. The bus departs at 3:15 sharp and cannot be delayed. If you are not going to be at practice, please let your Captains know so that the bus is not held up waiting for you. This year, every team practicing at Sandy Run has a 30 minute window to get on the water and out practicing, as well as a 30 minute window to bring in boats. JHS windows are: 4:15-4:45 entry/launch window and 6:30-7pm dock/depart window. If we miss these windows, we cannot get on/off the water in time.*
 - *Please assemble at the front of the school (with masks) at least 6-feet apart **and use the QR code (provided at practice) to complete the pre-activity screening.***
 - *Athletes must use their fcpschools.net accounts.*
 - *Please leave any pre-filled sections alone and un-edited.*
 - *Please close the browser after submission.*

- *Once a coach has verified that you are in attendance, answered the questions, have a mask, necessary paperwork, water, and are appropriately dressed, you may proceed to get on the bus.*
- *Practice*
 - *Coaches will direct boat make up, and training assignments.*
 - *Sandy Run PROHIBITS gathering in the boat houses or storing materials there. You must either take everything you will need for practice with you, or leave it on the bus, which will be locked/occupied by the driver.*
- *End of Practice*
 - *Buses will return by approximately 7:30-45 to the front of JHS, and parents are asked to be ready to pick up your rower by 7:30 so that the coaches are not required to wait with your rower.*
 - *Rowers should shower immediately after getting home from practice.*

As we are all aware, COVID-19 is ready to derail our plans at any time. Please be flexible and communicative with your coaches and administration. Please be ready to pause workouts as needed. Spring season can only happen if procedures are followed and safety is made our priority. If you choose not to participate in on-water practices for any reason, we respect your decision, but we cannot then guarantee your participation in competitive regattas this season. Please feel free to email both myself (riwalker@fcps.edu) and our board (justicerowing@gmail.com) if you have questions, concerns, or encouragement! See you on the water!