

Disease Prevention Guidelines for AJR

Annapolis Junior Rowing (AJR) is always concerned about maintaining the overall health of our rowing family. As outlined in the [USRowing Re-opening the Boathouse/Return to Training Considerations Post-COVID-19 v12.0 document](#) and the [USRowing Event/Registered Regatta Planning Guidelines During COVID-19 v8.0 document](#), we have adopted these guidelines to minimize exposure to infectious disease or bacterial infections from other people or environmental pollutants wherever we are training and competing. Following this guidance will help the AJR family preclude the spread of an infection that could negatively impact not only our safety but also our competitive edge. We are counting on your cooperation to keep us on the water and mitigate the spread of infectious diseases such as COVID 19.

AJR will continue to monitor and follow USRowing's guidance, as well as all State/Local/County guidelines, for updates and changes. For example, Anne Arundel County Public Schools (AACPS) will require employees and high school student-athletes verify they have been fully vaccinated against COVID 19 or undergo weekly testing beginning on November 22, 2021.

The AJR Board of Directors has voted to require the COVID vaccination for all coaches and athletes. This will apply by November 22, 2021, meaning the vaccination process must be started by that date. The only exemption will be for those with a verified medical exemption.

- Please email scanned or photo proof of vaccination to the team administrator to support AJR entry submission packages for upcoming regattas and to support our planning processes for travel and accommodations.

- The scanned cards or images will only be handled by the team administrator and head coach. Vaccine status may be known by others in AJR such as those parents organizing carpool or accommodations.

Viral Infections

During the fall and winter months, influenza is the far more likely cause of significant illness followed by the occasional cold. While certain events, such as the COVID 19 pandemic make headlines, proper preventative care is the same as it would be for influenza.

Here are the best practices to slow the spread of infections:

- Get an annual flu vaccine as recommended by a doctor.
- Wash hands frequently.
- Stay home if sick (so you do not spread the illness to other people). If you have a temperature above 100, stay home.
- Use a tissue, or cough and sneeze into your arm, not your hand. Turn away from other people.
- Use single-use tissues. Dispose of the tissues immediately.
- Wash hands after coughing, sneezing or using tissues.
- Do not touch eyes, nose or mouth (viruses can transfer from your hands and into the body).
- Do not share cups, glasses, water bottles, dishes, cutlery, shavers, razors, towels, or other personal items. Do not share personal hygiene items such as combs or razors in locker rooms or hotel rooms.

While oar handle and equipment surface transfer of viruses is not the most likely means of transmission - airborne is significantly more likely - AJR will also be washing oar handles in bleach and rinsing in water to help mitigate viral and bacterial infections at every practice.

Bacterial Infections

Though not likely in our training environment, competitive environments could be subject to environmental concerns such as questionable water quality. Here are some best practices to avoid bacterial infections:

- Do not expose open cuts or scrapes to the water which is close to impossible to do in rowing.
- Wash and clean any cuts or scrapes with soap and clean water as soon as possible.

COVID 19 Information

Best practices for preventing the spread of COVID 19 remain in effect:

- Get vaccinated if able. Period.
- Stay home if having symptoms.
- If you experience any COVID 19 symptoms, such as cough, fever, shortness of breath, chills, sore throat, muscle pain, loss of taste or smell, unexplained headache, and gastrointestinal symptoms, even if you are fully vaccinated:
 - Stay home and away from the boathouse and any carpool activity.
 - Get [tested](#). In all cases where a negative test is required before returning to the AJR environment, AJR requires that to be a Polymerase Chain Reaction (PCR) test for COVID 19. This [FAQ page](#) is very helpful to understand the different types of tests available and why we are requiring a negative PCR test before returning to the boathouse and participating in any AJR activities. This link is Maryland's COVID page for testing sites (there is one near downtown Annapolis/State Capitol) [Maryland testing sites](#)

- If you test positive, make a confidential report to your AJR coach so contact tracing may begin and a plan for re-entry into the AJR environment can be developed.

Per AACPS, Center for Disease Control, and USRowing guidelines, masks will be worn while carpooling and on team buses. Where possible, AJR accommodations on trips will consider vaccination status and try to put no more than two athletes in a room.

How Contact Tracing Works at AJR

When AJR receives a report that a member of our family has tested positive for COVID 19, the staff follows up to conduct contact tracing in order to prevent transmission among the rest of AJR.

1. Attendance sheets will be checked and a brief confidential telephone interview may be conducted to determine who they may have been in *close contact* with while at practice.
 - A *close contact* is a person who is within 6 feet for a cumulative total of at least 15 minutes during a 24-hour period (even if they were both wearing face coverings), living with or caring for a person who has COVID 19, or having direct contact with infectious secretions (e.g., being coughed on, kissing, or sharing utensils).
 - The infectious period starts approximately 48 hours before the first symptoms appear. For people without symptoms, the infectious period starts 48 hours before they were tested for COVID 19.
 - Rowing in a team boat is considered *close contact*.
2. We will ask that the infected person remain away from the AJR environment for 10 days or until they have a negative PCR COVID 19 test. We will need a copy of that negative test before their return to AJR environment.

3. Individuals deemed by contact tracing to have been in *close contact* with the infected people will be notified within 24 hours and asked to submit a negative PCR test result before returning to the boathouse and participating in any AJR activities.