



AMERICAN UNIVERSITY CREW – ANACOSTIA WATERSHED SOCIETY – BISHOP IRETON HIGH SCHOOL CREW – CAPITAL ROWING CLUB  
D.C. STROKES ROWING CLUB – GONZAGA HIGH SCHOOL CREW – ACADEMY OF THE HOLY CROSS CREW – NATIONAL CAPITAL AREA  
WOMEN’S PADDLING ASSOCIATION – ORGANIZATION FOR ANACOSTIA ROWING AND SCULLING – WAKEFIELD HIGH SCHOOL CREW

**October 1st, 2020**

**This document contains requirements for users of Anacostia Community Boathouse facilities during the on-going COVID-19 pandemic. The requirements detailed below were developed based on the District of Columbia's COVID-19 requirements, guidance from US Rowing, and with the approval of DC Harbor Patrol.**

Highlights of recent requirement changes (Phase 2a, as of Oct. 1, 2020):

- 1. Requirements for “household boat” users:** ACBA has adopted the following US Rowing recommended training principle: Training is "allowed in singles only in order to maintain proper physical/social distancing when physical/social distancing is recommended. Individuals from the same household may take out a double/pair or a four/quad." All individuals rowing or paddling in “household boats” are required to sign a ["WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19 FOR PARTICIPANTS IN HOUSEHOLD BOATS"](#), which includes an acknowledgment that the athletes are members of the same household. ABCA member organizations are responsible for maintaining these waivers on file.
  
- 2. Expanded Erging Locations:**
  - a. Erg Room: 4 spots with 12-foot spacing delineated with blue painters tape. No fans.
  - b. Outdoor usage by the flagpole/fence: 4 spots with 12-foot spacing marked by erg signs attached to the fence.
  - c. Big Tent: 14 spots in Bays 2 and 3. Spacing denoted with blue painters tape. Start at the back of the boathouse to maintain distance from boathouse traffic.Ergs may only be used in the places designated above. Ergers must always defer to boathouse users and stay out of their way. Bays 1 and 4 may be used if no other activity at the boathouse. Face mask is optional while on the erg. Once a user steps away from the erg, a mask must be worn. Coaches must continue to wear masks at all times. Ergs must be cleaned after use.

**Complete ACBA Requirements as of Oct. 1, 2020:**

- 1. Current Boathouse Use Limits:** One person private and club boat users (two person boats if of the same household), and approved small boat coached programs. ACBA has adopted the following US Rowing recommended training principle: Training is "allowed in singles only in order to maintain proper physical/social distancing when physical/social distancing is recommended. Individuals from the same household may take out a double/pair or a four/quad." All individuals rowing or paddling in “household boats” are required to sign a ["WAIVER/RELEASE FOR COMMUNICABLE DISEASES INCLUDING COVID-19 FOR PARTICIPANTS IN HOUSEHOLD BOATS"](#), which includes an acknowledgment that the athletes are members of the same household. ABCA member organizations are responsible for maintaining these waivers on file.



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2. **Erg Use:** Erg room is open to a maximum of 4 indoor users simultaneously, with 12-foot distance between ergs. No fans can be used in the erg room. Outdoor usage by fence is allowed between middle ramp and flagpole. There are 14 spots available for ergs to be used in the big Boathouse in Bays 2 and 3. Spacing denoted with blue painters tape. Start at the back of the boathouse to maintain distance from boathouse traffic. Ergs may only be used in the places designated above. Ergers always defer to boathouse users and stay out of their way. Bays 1 and 4 may be used if no other activity at the boathouse. Face mask is optional while on the erg. Once a user steps away from the erg, a mask must be worn. Coaches must continue to wear masks at all times. Ergs must be cleaned after use.
3. **Self-Monitoring:** Anyone coming to the boathouse is required to take their own temperature that day, prior to arrival at the boathouse. If their temperature is 100.4 degrees or greater, or they have other COVID-19 symptoms, do not come to the boathouse! If they have experienced symptoms of COVID-19 within the last 14 days, do not come to the boathouse. If they have had any close contact with an individual who has a confirmed coronavirus diagnosis and/or who is presumed to have coronavirus, do not come to the boathouse. If they become ill within one week of using ACBA facilities, please consider reporting this to the [COVID19@anacostiaboathouse.org](mailto:COVID19@anacostiaboathouse.org).
4. **Reservations:** ACBA is limiting the number of people at the boathouse. Athletes MUST reserve a boat and launch time slot on the iCrew app/booking system, or have a planned attendance in a coached program, before coming to the boathouse. (iCrew allows us to limit the numbers at the boathouse and have a record if contact tracing is needed.) Only ACBA members are allowed to make reservations; no guests or non-members. No reservations can be made for rowing or paddling ergs at this time, use is on a first-come, first-serve basis. Reservation slots in iCrew will become available a day ahead of time, and reservations can be made on a first come, first served basis. Reservation slots will be available for 2 hour windows between the hours of 5am and 9pm everyday. If an athlete can no longer make their reservation, they MUST cancel their reservation as a courtesy to other athletes.
5. **Group Limits:** Coached programs are limited to groups of 12, and are scheduled at 15 minute intervals. Separate from coached programs, 25 individual reservations are allowed at a time. Per District of Columbia Phase 2 Guidance, the total number of people on land at the Boathouse at any one time is limited to 50 people. The ACBA Reopening Committee will continue to reassess usage trends and follow local guidance to move into future phases of ACBA usage.
6. **“Get In, Train, Get Out!”:** Athletes, including coached programs, must come ready to row/paddle and leave after their boat has been put away within their reserved time slot only. Take away anything brought in, there will NO storing of anything at the boathouse. Locker rooms remain closed.
7. **Cleaning and Sanitizing:** All boathouse users must sanitize or wash their hands immediately upon arrival (i.e. leaving your bike/car, or in the bathroom on the way in) and after completing their workout.



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- 8. Masks:** All individuals entering ACBA premises must wear a mask on land (e.g., in front of the small tent/clubhouse, in the big tent/boathouse, on the apron [area in front of the big tent where slings are put out to wash boats], on the dock, in the bathrooms, on the parking lot). A mask is not required on the water. Masks must be donned upon return to the dock and until the athlete and coach leave the ACBA premises. Masks must be worn in addition to social distancing measures. Masks are optional when training on ergs in the designated erg locations.
- 9. Social Distancing:** Athletes must maintain a distance of greater than 6 feet from other persons at the boathouse and on the water.
- 10. Equipment Handling:** All athletes are responsible for their own equipment. This means carrying in-and-out the boathouse, to and from the dock, and cleaning all equipment used. (Assistance in carrying boats is allowed in coached programs if the users maintain the required 6 feet distance.)
- 11. Float Plan:** For individual users, remember to electronically sign in and out for your outing within iCrew.
- 12. Site Security:** For the security of your personal property during times of minimal boathouse usage, the parking lot gate is to remain locked at all times. Lock it up as you enter and lock it back up when you leave. (Yes - upon arrival, lock yourself in.) We have had several instances of theft while users have been on the water this season.
- 13. Bathrooms:** Bathrooms can be used at one's own risk. Please limit bathroom use to one individual at a time. Users must wash hands thoroughly with soap and water after use.
- 14. Locker rooms and Showers.** The locker rooms and showers will remain closed at this time.
- 15. Cleaning and Disinfecting:**
  - a. All boats must be washed down with soap and water and dried before returning to the boathouse. No exceptions. Please take away anything brought in, there will be NO storing of anything at the boathouse.
  - b. Everything the athlete touches must be disinfected. Cockpit, oar/paddle handles and carrying points on the shaft. No exceptions. Individual owners are responsible for bringing their own soap to wash down equipment and other touch points. Please take away anything brought in, there will NO storing of anything at the boathouse.
  - c. The athlete must disinfect/wipe down anything they touch with disinfectant spray or towelette as they leave the ACBA property (e.g., gates, locks, tent bay doors, hose, water spigot). Disinfectant supplies must be brought by the athlete.
- 16. Land Traffic Pattern (see graphic on next page):**
  - a. Upon arrival to the boathouse, the athlete/coach will use the path on the left/bathroom side of the small tent/clubhouse.

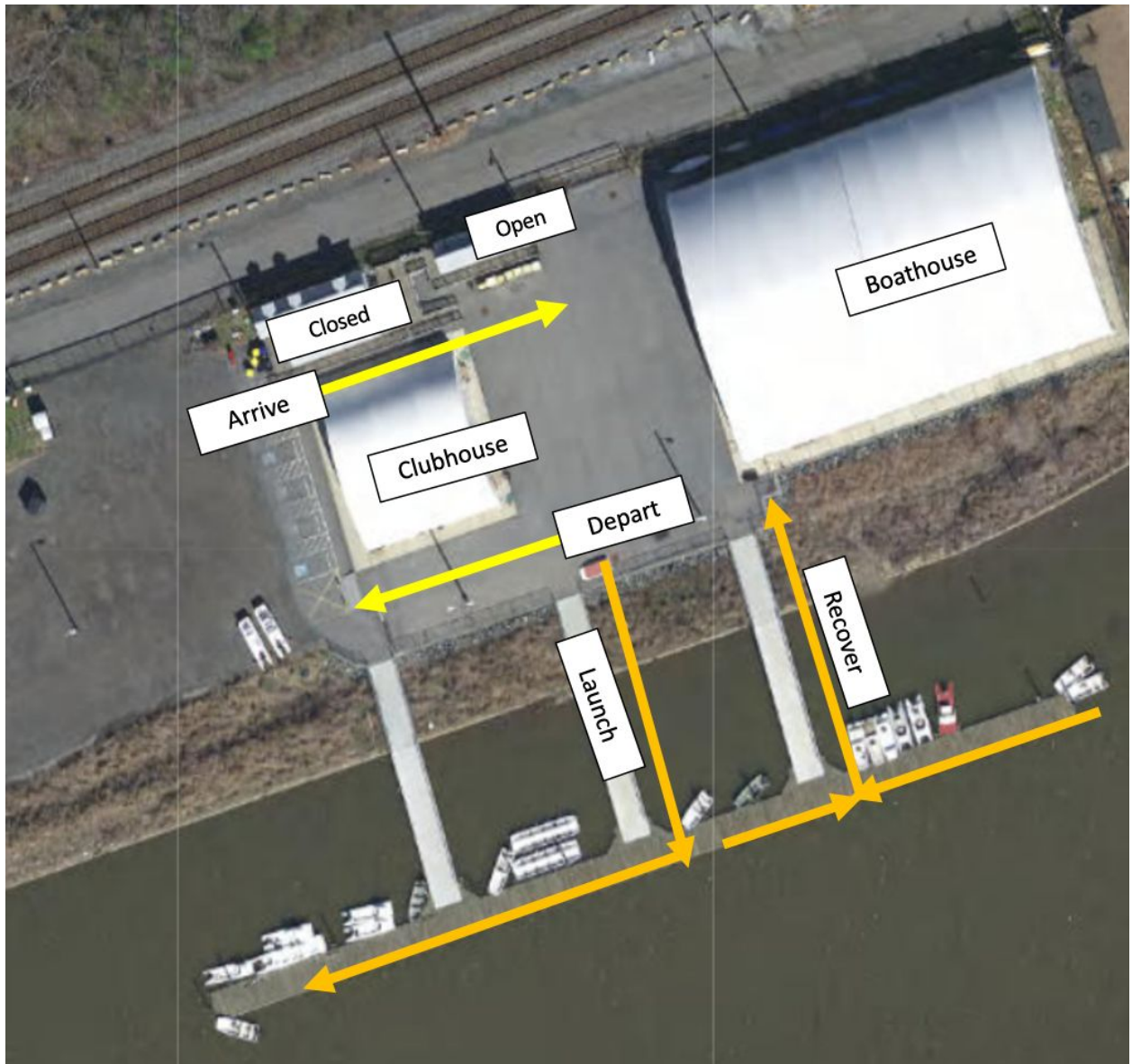
# Anacostia Community Boathouse Association

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- b. Leaving the boathouse, the athlete/coach will use the path on the right/water side of the small tent/clubhouse.

## 17. Dock Traffic Pattern (see graphic, below):

- a. Take your boat to the water on the Middle Ramp, closest to the Small Tent/Boathouse.
- b. Return your boat using the East Ramp, closest to the Big Tent/ Boathouse.



- 18. **Frederick Douglass Memorial Bridge Project:** The lone passage arch has been reduced from 150 feet to 71 feet through October of this year. Sharing this arch in both directions with large



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motorized boats was a safety hazard at 150' - now it is even more dangerous. ACBA encourages all users to stay upriver of the Bridge project.

**19. Respect the privilege:** Paddling/rowing at the ACBA, especially during this time, is a privilege. Please respect all guidance put in place to keep all our athletes safe. The ACBA Reopening Committee and Board of Directors reserves the right to further restrict use, re-close the boathouse, or loosen restrictions at any time, pending local trends, safety concerns, and/or local guidance and regulations.

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Prior ACBA Usage Phases:

Phase 0: May 27<sup>th</sup>- One person private boat owners only (Two person private boat owners if of the same household.) A maximum of 10 users at the boathouse simultaneously. No Coaches. Locker Rooms Closed. Erg Room Closed.

Phase 1a: June 3<sup>rd</sup>. One person private and club boat users. (Two person boats if of the same household). Allow a maximum of 20 at the boathouse simultaneously. No Coaches. Locker Rooms Closed. Erg Room Closed.

Phase 1b: June 15<sup>th</sup>. One person private and club boat users (Two person boats if of the same household), and approved small boat coached programs. Coach programs are limited to groups of ten, including the coach. Allow a maximum of 20 individual use boat reservations simultaneously. Locker rooms closed. Erg room closed.

Phase 2: June 27<sup>th</sup>. One person private and club boat users (Two person boats if of the same household), and approved small boat coached programs. Coach programs are limited to groups of 12, including the coach. Coached sessions are staggered at 15-minute intervals. Allow a maximum of 25 individual use boat reservations simultaneously. Erg room open maximum 4 indoor users simultaneously, with 12-foot distance between ergs. No fans in the erg room. Outdoor usage by fence -between middle ramp and flagpole. Masks are highly encouraged during erg usage. Locker rooms remain closed.

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**COVID-19 Questions, Comments, or concerns:**

[COVID19@anacostiaboathouse.org](mailto:COVID19@anacostiaboathouse.org)

**Boathouse Facilities Questions, Comments, or Concerns:**

[facilities@anacostiaboathouse.org](mailto:facilities@anacostiaboathouse.org)