



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

**November 20th, 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 2b, as of Nov. 20, 2020):

**1. UPDATED Erg Use 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. No erging on the small-tent side of the flagpole area.
- c. Winter outdoor use: In dry weather, ergs may also be used on the apron between the two buildings as long as they are spaced at least 12 feet apart, and do not significantly interfere with rower and paddler access to the boat bays and the dock.
- d. Big Tent: Erging in bays - 7 spots per bay. Spacing denoted with blue painters tape, ergs should be placed on blue tape markers to ensure they’re being used AT LEAST 12-feet apart. Start at the back of the boathouse to maintain distance from boathouse traffic. Fill bays 2 and 3 before moving into bays 1 and 4. ACBA ergs can be stored in Bay 2 inbetween club erging sessions.

Ergs may only be used in the places designated above. Erg users will accommodate rower and paddler access to boat racks, as requested. 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.

- 2. UPDATED Self-Monitoring:** If an individual has experienced symptoms of or tested positive for COVID-19 within the last 14 days, do not come to the boathouse. Any individual known to have high-risk contact with a person who has been sick and/or diagnosed with COVID-19 must not come to the boathouse and must self-report to the club’s designated protocol manager and to [COVID19@anacostiaboathouse.org](mailto:COVID19@anacostiaboathouse.org)
- 3. UPDATED Reservations: For Ergs** - All erging sessions should be planned and entered into iCrew. Clubs should maintain records of who is using the boathouse and when in case contact-tracing is necessary.
- 4. Bathrooms:** ACBA Bathrooms will close for winter in early December, Port-o-Johns will remain available.
- 5.** Please review the full ACBA facility-use requirements below, including Boathouse traffic patterns. Compliance with these protocols is required to continue using the Boathouse facilities.



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## Complete ACBA Requirements as of Nov. 20, 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.
2. **Erg Use 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. No erging on the small-tent side of the flagpole area.
  - c. **Winter outdoor use:** In dry weather, ergs may also be used on the apron between the two buildings as long as they are spaced at least 12 feet apart, and do not significantly interfere with rower and paddler access to the boat bays and the dock.
  - d. **Big Tent:** Erging in bays - 7 spots per bay. Spacing denoted with blue painters tape, ergs should be placed on blue tape markers to ensure they're being used AT LEAST 12-feet apart. Start at the back of the boathouse to maintain distance from boathouse traffic. Fill bays 2 and 3 before moving into bays 1 and 4. ACBA ergs can be stored in Bay 2 inbetween club erging sessions.

Ergs may only be used in the places designated above. Erg users will accommodate rower and paddler access to boat racks, as requested. 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 an individual has experienced symptoms of or tested positive for COVID-19 within the last 14 days, do not come to the boathouse. Any individual known to have high-risk contact with a person who has been sick and/or diagnosed with COVID-19 must not come to the boathouse and must self-report to the club's designated protocol manager and to [COVID19@anacostiaboathouse.org](mailto:COVID19@anacostiaboathouse.org).
4. **Reservations:** ACBA is limiting the number of people at the boathouse and is using iCrew to manage usage numbers as well as have a record of users if contact tracing is needed. **For Boats** - 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. Only ACBA members are allowed to make reservations; no guests or non-members. Reservation slots in iCrew will become available a day ahead of time, and reservations can be made on a first come, first served basis.



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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. **For Ergs** - All erging sessions should be planned and entered into iCrew. Clubs should maintain records of who is using the boathouse and when in case contact-tracing is necessary.

5. **Group Limits:** Coached on the water 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.
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.



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**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. Bathrooms will be closed for the winter in early December to prevent damage from frozen pipes. Port-o-Johns will remain available.

**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):**

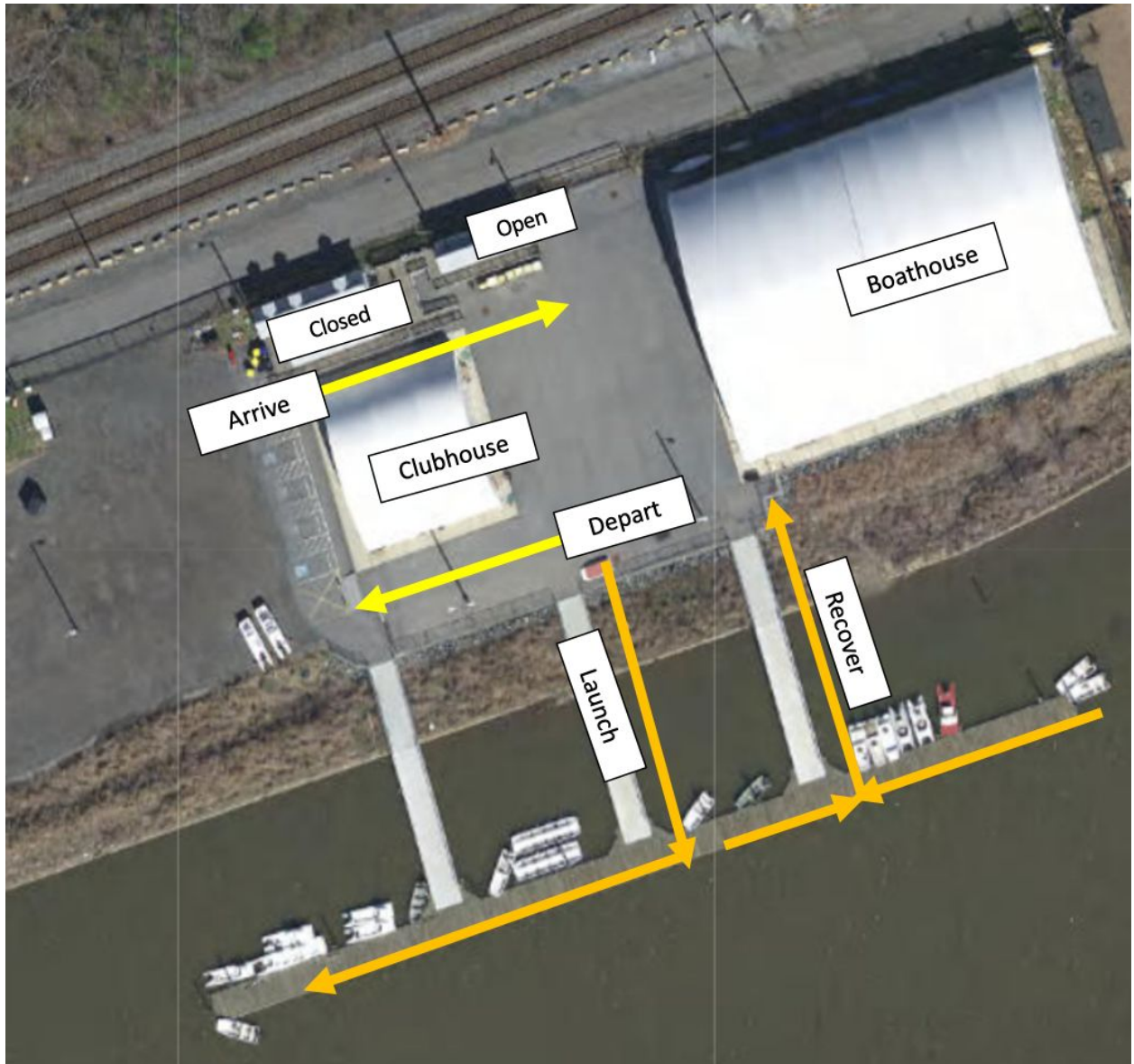
- a. Upon arrival to the boathouse, the athlete/coach will use the path on the left/bathroom side of the small tent/clubhouse.
- b. Leaving the boathouse, the athlete/coach will use the path on the right/water side of the small tent/clubhouse.

**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.

# Anacostia Community Boathouse Association

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- 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 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





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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)

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**References:**

[District of Columbia Phase 2 Requirements \(Jun. 2020\)](#)

- [Gyms and Workout Studios](#)
- [Parks and Open Spaces](#)

[US Rowing Return to Rowing Considerations \(Nov. 2020\)](#)