



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

**March 26, 2021**

**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 the CDC. These policies have been revised extensively from 2020, and should be read in their entirety.**

**Status:**

Washington DC is currently in [Phase 2](#)

### 1. General

- a. **Self-Screening:** 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). Clubs will monitor the screening status of their athletes and coaches (for example, this may be reported through school programs or self-reported through iCrew).
- b. **Club/Boat Pods:** ACBA has adopted [US Rowing’s guidance](#) on “Pods” with a modification. When training in any boat that is not a single (8+, 4x, dragon, OC-6, etc.), clubs will row/paddle in groups of no more than **22 people** (this includes people who are routinely going to be in close proximity, such as athletes, volunteers, and coaches, known as “pod-members”). All participants row in the same group each day and do not cross over to different groups to limit cross-group exposure. Athletes can be in only one pod. Member organizations are encouraged to establish and row/paddle in the smallest Pods possible.
- c. **Attendance/Rosters:** Coached programs must maintain a record of club attendance and pod rosters.
- d. **Zones:** The Boathouse area has been designated into two “zones.” Zone 1 consists of the Boathouse (big tent), the small tent, the plaza in-between, and the dock. Zone 2 consists of the paddlers’ dock and nearby grassy area (approx. 75 ft. from paddlers’ dock).
- e. **Maximum Site Use:** The maximum number of athletes and coaches simultaneously on land in either the Boathouse Zone or Paddler’s Dock Zone at one time is limited to **50**. Yes, this means we could have 100 people on land at a time.
- f. **Masks:** Everybody must wear masks and maintain a social distance of 6ft at all times while on land in Zones 1 and 2. Masks are not required in single person and household double person boats on the water. Mask use for teams boats is discussed in paragraphs 2 and 3 below.
- g. **iCrew:** All ACBA coached programs must enter their schedule times and maximum attendance numbers (athletes, coaches, volunteers) in iCrew, and clubs will be expected



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to adhere to their scheduled time. Note that maximum attendance numbers may be input in iCrew as part of session title. The default session title is "Practice", You can use the "Update Session In Bulk" feature to make this change very quickly. To, for instance, Practice (10).

- h. **Timing:** Notionally, programs are limited to 15 minutes in a Zone for launching or landing, guided by the schedule agreed upon by the coaches.
- i. **Quick on the Dock:** When launching and returning, treat it like a regatta - be quick on the dock (e.g. 90 seconds), adjust on the water.
- j. **Exclusions:** People who are not rowers/paddlers, volunteers, or coaches are not permitted to be in either Zones 1 or 2.

**2. Juniors and High School programs may now resume:** CRC Juniors, Bishop Ireton, Wakefield and Gonzaga have started their Spring training out of the ACBA Boat House.

- a. **Masks.** For Juniors/High School programs practicing in team boats, all athletes will wear masks on the water during practice and coxswains will also wear wrap-around eye protection (glasses, face shield) as recommended by US Rowing.
- b. **Team Meetings:** When multiple programs are present, team meetings should be held in the parking lot pre and post practice to adhere to your schedule and alleviate congestion on the plaza between tents.
- c. **Pickup/Dropoff:** During busy times, Parents are discouraged from waiting in the ACBA parking lot. Athletes may be dropped off and walk through the gate. ACBA suggests that parents park off site and the athlete calls for a pick up.

**3. Masters/Adult programs may also begin practicing in team boats:**

- a. **Masks:**
  - i. For 100% vaccinated pods, athletes may row/paddle without masks.
  - ii. For pods with no or partial vaccination, all athletes must row/paddle with masks, and coxswains will also wear wrap-around eye protection (glasses, face shield) as recommended by US Rowing.
- b. **Vaccinations:** Clubs will develop protocols for determining vaccination status of pod-members.
  - i. Disclosure of vaccination status is voluntary. However, anyone who does not wish to disclose their vaccination status will be considered to be unvaccinated.
- c. **Protocols:** Masters and Adult programs may adopt more restrictive protocols than what is described above.

**4. Cleaning Protocols:** All boats and oars/paddles must be washed or disinfected between uses. Each program/team will maintain their own supplies and protocols for cleaning their equipment.

**5. Non-coached programs:**

- a. Will continue to reserve boat times and record attendees in iCrew for the purpose of ensuring Boathouse use numbers do not exceed 50 people, and in case a need for contact-tracing arises.



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- b. For individual users, remember to electronically sign in and out for your outing within iCrew.
- 6. On-Land Training (erging, stretching, etc):**
  - a. **General:** Coaches and Athletes (and Ergs) must be set up with a minimum 6 foot separation, and all athletes must wear masks unless all athletes are part of a household or vaccinated Pod.
  - b. **Erg Room:** Maximum of 10 people including athletes and coaches. All users must wear masks.
  - c. **Outdoor Erging:** Ergs should be used between the small tent and fence, leaving a sufficient walkway for foot traffic to maintain 6 ft distance. Ergs may be set up along the fence and along the small tent. Erging, etc, is allowed in other areas (e.g. Big Tent Bays, Plaza), as long as it does not interfere with boat movement.
- 7. “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. Lockers may not be used.
- 8. 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.
- 9. Equipment Handling:** All athletes are responsible for their own equipment. This means carrying in-and-out of the boathouse, to and from the dock, and cleaning all equipment used. Assistance in carrying boats is allowed in coached programs if the athletes/volunteers are in pods, or maintain the required 6 ft. distance.
- 10. Site Security:** For the security of your personal property during times of minimal boathouse usage, the parking lot gate is to remain locked. 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 last season.
- 11. Bathrooms and Showering Facilities:** Bathrooms and changing rooms can be used at one’s own risk. Showers remain closed. Please limit bathroom and changing room use to two individuals at a time. Users must wash hands thoroughly with soap and water after use.
- 12. 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.
  - c. West ramp may be used in either direction.

# Anacostia Community Boathouse Association

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- 14. 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.
  
- 15. Put the “Community” in ACBA:** In order to have a safe and productive rowing experience, member organizations and users are expected to work with one another to share the facility. Our users have a love of the water and of our sport, and should be patient and understanding with other users/programs when at ACBA. Current conditions are not ideal by any nature, and small sacrifices by all will allow for the most number of people to safely boat on our river. Concerns with other users/programs should be handled in a respectful manner.





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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 \(Mar. 2021\)](#)
- [Sports \(Mar. 2021\)](#)
- [Parks and Open Spaces](#)

[US Rowing Return to Rowing Considerations \(Feb. 2021\)](#)