

Dear Port Rowing Members and Families:

Port Rowing is actively engaged in efforts to prepare for and mitigate the impacts of the rapidly evolving Coronavirus (COVID-19) situation. Paramount is our members' safety, health and well-being. Currently, there are no reported cases of Coronavirus within our community, and practices are being held as usual. As we continue to monitor developments of the Coronavirus, we are writing to remind you of the U.S. Centers for Disease Control and Prevention (CDC) general precautions coupled with USRowing's and Port Rowing's safety measures which all participants must follow.

Coronavirus and influenza are spread by exposure to droplets via coughing and by contact with surfaces touched by an infected person. Touching a contaminated surface and then touching your face, eyes, mouth or nose is a preventable route of transmission.

Here are some basic rules to stay safe:

- Wash your hands often (for 30 seconds) and/or use Purell (located in the boathouse);
- Cover your mouth with a tissue when you cough or sneeze;
- Avoid touching your eyes, nose, and mouth;
- Clean and disinfect frequently-touched objects and surfaces
- Thorough cleaning / sanitizing of boats & oars
- Disinfect (by wiping down with antibacterial wipes) rowing machines and any equipment before and after each use including seats, handles and monitors
- Do not share drinks (e.g. water bottles)
- Every water bottle must be labeled with the rower's name
- Light switches, door handles, port-a-potty handles, etc. must be disinfected regularly
- If you or anyone in your household has returned from impacted countries (CDC Warning Level 2 and 3) over the last month, notify the Coaches immediately
- Carry small bottles of alcoholic disinfectant with you at all times
- Eat a vitamin-rich diet (especially fruits containing vitamin C)
- Maintain a 3-foot distance between yourself and anyone who is coughing or sneezing
- Attend practices with clean and dry clothing
- Talk to your Doctor about administering the flu vaccine
- Avoid contact with sick people
- If you are feeling unwell, do not go to practice. Stay home. Inform your Coach and seek medical advice as needed. Your coach will understand and you will not be punished.
- You must be 24 hours fever-free without medication before returning to practice.

We will continue to monitor the situation, and will provide updates as required and as the situation continues to develop. As always, Port Rowing will pull together in the spirit of teamwork and collaboration.

On behalf of the Port Rowing Coaches and Board of Directors,

Mitch Tamkin, Board President
Kari Hammer, Executive Director