

**COVID Guidance and Risk Mitigation Plan**  
for the New Hampshire Championship George Dirth Regatta

As host of the 2022 New Hampshire Championship George Dirth Regatta, the Amoskeag Rowing Club has created this plan to provide recommendations on minimizing the risks associated with the COVID -19 virus for participants, regatta staff, and spectators at this year's regatta. Because of the nature of the virus, the Club cannot guarantee their safety, but we encourage all persons at the Regatta to take reasonable steps to reduce those risks, for themselves and for the safety of others. This plan is based on the current recommendations from the United States Rowing Association, the United States Centers for Disease Control, and the New Hampshire Department of Health and Human Services. As that guidance changes, the Club will revise this plan.

A. General Recommendations.

The Amoskeag Rowing Club strongly recommends that all persons attending the Regatta (a) be vaccinated; (b) if not vaccinated, obtain a reasonably contemporaneous negative Covid test before attending the regatta; and (c) wear masks when in close contact or proximity to other persons.

B. Specific Recommendations

Participants, volunteers, and spectators should not come to the Regatta if they have COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone suspected or confirmed to have COVID-19.

While at the Regatta, persons should minimize their risk by wearing masks when in close contact with others, keeping safe distances from other persons, and practicing good handwashing techniques. The Regatta does not offer running water for handwashing and sanitation, so persons should bring and use their own hand sanitizing products. Additional handwashing supplies will be available at the hospitality tent. We encourage use of touchless payment options, including paying entry fees through Regatta Central and paying parking and trailer fees in advance on Eventbrite.

C. Assistance at the Regatta.

The New Hampshire Department of Safety, with the assistance of the Pembroke Fire and Police Departments, provides emergency and first aid response and facilities at the Regatta. Anybody experiencing COVID symptoms, or any other health issue, should call the Regatta Emergency Command Center at **(603) 545-8361**.

D. Review of Policies.

As we receive further guidance or directives from the State of New Hampshire and the United States Rowing Association, the club will review our rules for risk mitigation, and we will communicate any revisions to registered schools, clubs, and individual rowers by email and to the participants and spectators by posting on our club website at <https://amoskeagrowing.org>.

E. Summary.

We are looking forward to a successful, and safe, regatta. We appreciate the assistance of the participants and spectators in complying with these guidelines to help us achieve those goals.