

CINCINNATI HIGH SCHOOL INVITATIONAL

Saturday, April 10, 2021

Harsha Lake, East Fork State Park

Please read this packet completely, as it includes information regarding entries, rules, events, new COVID-19 policies and other information about the policies governing this regatta.

1. Our number one priority is to provide a safe event. COVID considerations and our mitigation plan are located at the end of this document, posted on Regatta Central and will be posted at the event site. All coaches will be emailed a copy of the protocol prior to the regatta.
2. Standard US Rowing rules of racing apply to this event. An online version is available at <http://www.usrowing.org/rules-of-rowing/> US Rowing licensed referees will officiate the event to ensure fairness and safety.
3. The course is 2000 meters with a starting platform and is the same course for the Midwest Junior Rowing Championships in May.
 - a. Time trials will be conducted over a 1,900-meter course. A marshal will be positioned near the start to direct crews to enter the course. Crews are responsible for staying in numerical order, staying behind crews with lower numbers and in front of crews with higher numbers. Crews are responsible for maintaining their proper order and distance. Crews failing to maintain their proper position may be delayed, moved to the end of the starting order, penalized, or excluded. A crew will be allowed to race as long as they are in the starting area and ready to race before the crew with the last bow number of the event has started. Crews will have approximately 100 meters to build up to race pace. A crew's race time begins once their bow ball crosses the 1,900-meter start line.
4. The course is declared a no-wake zone and will be controlled by State of Ohio water police and the East Fork State Park Rangers.
5. Park Rangers provide overnight security for the boats and oars on Friday night. Teams need to provide their own stands and storage of rigged boats. Please see venue details on Regatta Central for trailer parking location and boat staging areas.
6. The order of events is listed below. There are heats and time trials in the morning/early afternoon and finals in the afternoon. Please check carefully, to ensure that you can make all necessary accommodations for the double use of boats and oars and athletes. In order for crews to hot seat, the final scheduled starting times of the races need to be separated by a minimum of 50 minutes. Adjusted times will be posted on Regatta Central and transferred to HereNow
7. Coxswains and crews will be using a starting platform, and as such they will need to be able to back into a stationary starting float, and at the same time, immediately ready to point the bow. Coxswains (strokes of bow-coxed boats) must also know that they are to have their hands in the air while they are adjusting their point at the start.
8. All rowers must be eligible as eighth grade or high school athletes. Varsity = any rower eligible as an eighth grade or high school athlete. Second Varsity = any rower not in the first boat of the varsity program. In order to make a second varsity entry; a team must first enter the varsity event, except by arrangement for beginning programs approved by the LOC. Novice = any rower who began rowing after May 1, 2020.
9. ENTRIES: Definitions describing the qualifications for entries are above.

10. REGATTA FEES: Eights - \$95.00, Fours - \$75.00
11. PAYMENT: You may pay by check made out to CJRC and mailed to Regatta Director, P.O. Box 541122, Cincinnati OH 45254, or by credit card through Regatta Central. All payments must be received by April 5, 2021
12. WAIVERS: Waivers will be handled through Regatta Central. All participants must have a waiver on file either on-line through Regatta Central or have been granted an exception to submit paper from the CJRC Registration Coordinator. Please contact registration@cjrc.us for exceptions. All waivers must be received by April 5, 2021.
13. REGISTRATION: Registration will be conducted through Regatta Central www.regattacentral.com.
14. DEADLINE FOR ENTRY, WAIVERS AND PAYMENT IS APRIL 5, 2021. Questions may be directed to Kim Smyth at regattas@cjrc.us. REGISTRATION MATERIALS MUST BE COMPLETED BEFORE BOATS WILL BE ENTERED INTO HEATS. Late entries will be accepted IF they can be accommodated, i.e., if there is room in an existing heat, will be charged an additional \$10 per boat. REFUNDS WILL BE PROVIDED FOR A WITHDRAWAL BY April 6, 2021
15. HARSHA LAKE COURSE PRACTICE AND RACE PATTERNS: Please refer to the maps located on Regatta Central, including the Friday practice pattern, Saturday race pattern and beach area venue. Friday practice time will be from 2:00 – 7:00pm or determined by weather. By 7:00pm, all boats must be off the water.
16. TENT SET UP: Crews may set up trailers and tents beginning at 11AM on Friday April 11th in designated areas. See the map located on Regatta Central for tent set up areas. Social distance must be in accordance with COVID protocol.
17. Registration check-in is on Friday afternoon, from 3:00 -7:00 p.m. and again Saturday morning from 6:00 -8:00 a.m. at the registration table, under the boathouse/bath house.
18. Coaches and coxswains meeting will not be held this year. There will be a coaches and coxswains email sent out with all of the information. If there are questions, please direction to Kim Smyth either at the Registration table at the regatta or via email at regattas@cjrc.us.
19. Bow markers will be provided by CJRC and must be picked up before racing at the bow marker tent as the boat checks in for the race.
20. Directions to East Fork State Park and maps of the regatta race venue and practice and race patterns are available at www.regattacentral.com, on the Cincinnati Invite in the Venue tab.
21. Results will be available at: www.HereNow.com. Registration Questions – Jen Casey at registration@cjrc.us or, Regatta Director, Kim Smyth at regattas@cjrc.us.

Order of events

Event		
1	Boys 1 st Varsity 8 H1	8:00
2	Boys 1 st Varsity 8 H1	8:08
3	Girls 1 st Varsity 8 H1	8:16
4	Girls 1 st Varsity 8 H2	8:24
5	Boys 1st Novice 8 H1	8:34
6	Boys 1st Novice 8 H2	8:44
7	Girls 1st Novice 8 H1	8:54
8	Girls 1st Novice 8 H2	9:04
9	Boys 3rd Varsity 4+ TT	9:22
10	Girls 3rd Varsity 4+ TT	9:30
11	Boys 2nd Novice 8 TT	9:40
12	Girls 2nd Novice 8 TT	9:50
13	Boys 2nd Varsity 4+ H1	10:10
14	Boys 2nd Varsity 4+ H2	10:18
15	Girls 2nd Varsity 4+ H1	10:26
16	Girls 2nd Varsity 4+ H2	10:34
17	Boys 1st Varsity 4+ H1	10:42
18	Boys 1st Varsity 4+ H2	10:52
19	Girls 1st Varsity 4+ H1	11:08
20	Girls 1st Varsity 4+ H2	11:08
21	Boys 2nd Varsity 8 H1	11:16
22	Boys 2nd Varsity 8 H2	11:24
23	Girls 2nd Varsity 8 H1	11:32
24	Girls 2nd Varsity 8 H2	11:40
25	Boys Novice 4 (TT)	11:50
26	Girls Novice 4 (TT)	12:00
27	Boys 3rd Varsity 8 (TT)	12:10
28	Girls 3rd Varsity 8 (TT)	12:20

Only one entry per club will be accepted in the races that are scheduled as heats. Races that are scheduled as Time Trials may have multiple entries per club.

12:30 pm Lunch Break - No one allowed on the water at this time!

Event		Time
29	Boys 1 st Varsity 8	1:40
30	Girls 1 st Varsity 8	1:48

31	Boys 1st Novice 8	1:58
32	Girls 1st Novice 8	2:08
33	Boys 3rd Varsity 4+	2:18
34	Girls 3rd Varsity 4+	2:28
35	Boys 2nd Novice 8	2:38
36	Girls 2nd Novice 8	2:48
37	Boys 2nd Varsity 4+	3:28
38	Girls 2nd Varsity 4+	3:36
39	Boys 1st Varsity 4+	3:44
40	Girls 1st Varsity 4+	3:52
41	Boys 2nd Varsity 8	4:12
42	Girls 2nd Varsity 8	4:20
43	Boys Novice 4+	4:30
44	Girls Novice 4 +	4:40
45	Boys 3rd Varsity 8	4:50
46	Girls 3rd Varsity 8	4:58

The schedule of races will be determined based on the number of entries at the close of registration.

Weather Plan

The Chief Referee and Local Organizing Committee will work together to monitor the weather continuously during the regatta.

Schedule changes will be made using the following priority system:

1. Delay racing to later in the same day
2. Begin racing earlier than previously announced. Announcement will be made no later than 3 hours before racing or 8:00 pm the evening before race day.
3. Utilize a time-trial system for a round of the event.
4. Cancel some or all of the of 2nd and/or 3rd level Varsity and Novice events.
5. Cancel the entire regatta.

Cincinnati Junior Rowing

Spring Competition Covid Protocols

Background Information

Rowing is a sport that easily lends itself to social distancing between teams. Rowers interact only with those in the same boat. On the water, teams each have their own lane and are spaced 12-15 meters apart. On land, athletes do not interact with other teams. With a few minimal adjustments, we can easily ensure that there will be no close contact between athletes from different teams. These adjustments for the 2021 season are listed below.

Venue Set-up

Each visiting team will have a clearly marked outdoor area in which only its team members may enter. The food at team tents must be limited to “grab and go” pre-packaged items. No buffet-style lines will be allowed. Food prep at the team tents should be minimal (no grills).

Each team will be assigned bathrooms/portable toilets (2-4) to be located near their team area. These bathrooms/portable toilets will be labeled and will be for that team’s use only. There will also be bathrooms/portable toilets assigned to officials and event staff.

There will be a wide walkway provided to get from the team area to the launch docks.

Teams will enter the launch dock area one at a time. There must be only one team on each side of each launch dock at a time. Athletes will need to follow directions from the Dock Master.

- To provide adequate social distancing, teams may be directed to recover in the beach area.
- Teams may wet launch as directed by the Dock Master

There will be no “common space” provided at the venue. Each team will be responsible for providing any such resources and will do so in their provided area. There will be medical personnel at the venue in a separate area for access during emergency situations.

- Two EMTs will be on-site during the event
- Medical Officer will be on-site during the event
- The Clermont County Board of Health has been made aware of the event and has contributed and reviewed the COVID plan. The Parks Director of the State of Ohio has approved the plan to ensure all state of Ohio COVID-19 guidelines have been addressed.
- A list of medical resources will be provided at the event.

Ample space will be provided for teams to load and unload its shell trailer so that social distancing may be maintained.

Hand sanitizers will be provided in multiple targeted locations throughout the venue (i.e., near areas/items frequently touched by multiple people).

Social distancing and facial covering required signs will be posted in multiple targeted locations throughout the venue.

Public drinking fountains will be closed.

There will no vendors allowed on site with the exception of those needed for operations (I.e., boat repair). Teams will need to provide beverages and water.

Compliance officers for the venue and for each team will be assigned to help monitor/ensure social distancing and facial covering. The regatta director will serve as the primary compliance officer.

Operations and procedures

Coxswain meetings will either be:

- eliminated, with information shared via email to visiting teams
- conducted via a zoom call the night before the competition
- done at the venue with special attention to social distancing and with all in attendance wearing a mask

All competitors at the venue will be required to wear masks when on land. Masks may not come off until after a crew has launched their shell.

All other persons at the venue (coaches, staff, officials, stake-boat holders, event staff, etc.) will be required to wear masks at all times.

If coaches are permitted to go on the water to watch the races or practices then each program is to be assigned to its own launch. Launches may not be shared between teams. Launches are to be cleaned and sanitized each day prior to use.

Oars will be wiped down with sanitizing wipes after each use. Each team should supply wipes for the team oars.

Coxswain weigh-ins are to be eliminated from all regular-season races.

Lightweight events will be replaced with U-17 events.

Boat weigh-ins will not be conducted.

Athletes, coaches, trainers, and officials must conduct daily symptom assessments before game/competition. Anyone experiencing symptoms must stay home. According to the CDC, COVID-19 symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headaches, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. This list does not include all symptoms.

Coaches will be responsible for assessing themselves and their team.

If a rower assigned to a boat group experiences symptoms, the entire boat will be quarantined and unable to participate. Rowers must remain at the medical tent until they are released to coaches for removal from the venue.

High touch areas will be disinfected regularly. Staff will be equipped with appropriate PPE to prevent contact with the areas.

The health department will be contacted to report suspected cases of exposure.

There must be no congregating before or after the event by athletes, coaches, trainers, and officials or spectators. Teams and coaches must stay in the designated areas for trailer loading/unloading, distribution of equipment, and post-race hydration.

We anticipate a very limited need for overnight stays for officials or athletes. If overnight stays are necessary, proper mitigation strategies should be used by the traveling participants (teams, officials, or individuals). These include, but are not limited to, minimizing room occupancy, minimizing contact during travel to a regatta location from the participant's home location, minimizing contact when going to and from the venue once arriving at the regatta location, limiting activity to your hotel room and venue as much as possible (i.e., using carry-out or delivery for meals and eating in your hotel room), and daily monitoring of the health and wellness of your traveling party (athletes, coaches, and other staff).

Out-of-town athletes, coaches, and staff staying in local hotels that show symptoms or test positive will be quarantined for the remainder of the competition. Athletes or Coaches would quarantine at the hotel in their room. Hotel GM would be notified, so that housekeeping does not enter the room and would take precautions to sanitize the room upon their departure. The team would make safe travel arrangements for that positive case individual to return to their home with guidance from medical doctors.

All athletes and coaches must self-monitor for symptoms. Coaches will be responsible for attesting for themselves and their team.

Additional Location Protocols for Spectators

Spectators are limited to officials, coaches, athletes, and volunteers with a maximum of 1/3 capacity (150) at the viewing area to adhere to local venue protocol. Spectators must observe all posted rules for social distancing.

Volunteers, LOC, and spectators must conduct a daily symptom check.

Volunteers, LOC and spectators experiencing symptoms must stay home. According to the CDC, COVID-19 symptoms include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headaches, loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. This list does not include all symptoms. Volunteers will be asked to verify they have not exhibited any symptoms.

All spectators in the beach area will be required to maintain a six-foot social distance between individuals/households/family groups.

Spectators will be required to use a facial covering at all times. At a minimum, the facial covering should be cloth/fabric and cover the individual's nose, mouth, and chin.

COVID 19 safety protocol information will be distributed prior to via the Regatta Central website, the Cincinnati Junior Rowing Website, on-site announcements, and flyers posted at the venue entrance.

Viewing area protocols:

Signs will be posted reinforcing the face-covering requirement. Announcements will also be made throughout the event.

Due to the nature of the event, spectators are limited to race viewing areas at the beach, while maintaining a six-foot social distance between the groups.

One-way entrances and exits to the beach area will be clearly marked. No chairs or blankets will be permitted in the spectator area.

Appropriate PPE supplies such as masks, gloves (as needed) and hand sanitizer will be provided at the venue for officials, volunteers and medical personnel. Athletes and coaches must supply masks and personal PPE items for their individual teams.

All officials, medical staff, and volunteers must self-monitor for symptoms.