

Lake Stevens Spring Sprints Regatta COVID-19 Protocol

Event date: Saturday and Sunday April 23 and 24, 2022

Contact Information

- Scott King is the Regatta Director and can be reached for general regatta information.
Scott can be reached via email at: regattadirector@lakestevensrowing.org
- Michele Lobitz will serve as the Covid Officer for the event.
Michele can be reached via email at: externalvp@lakestevensrowing.org

General Measures

The following will be required of all participants (Competitors, Coaches, Regatta Staff, Referees, and Volunteers):

Symptom survey

- Beginning April 17 all participants will self monitor for symptoms of illness including: fever, chills, shortness of breath, loss of sense of smell or taste.

Pre-event vaccination protocols

- All participants are encouraged to be vaccinated against COVID-19.

Distancing and PPE (Masks)

- It is important to maintain social/physical distancing to the greatest extent possible.
- Wearing masks indoors is no longer required for sports venues. Mask wearing is optional but encouraged.

Acknowledgment and reporting of symptoms

- Coaches will be responsible for monitoring the health of their rowers. Anyone reporting or exhibiting symptoms of COVID-19 should refrain from participating in the Regatta.
- Referees, Regatta Staff and Volunteers will self monitor and report any of the following symptoms and refrain from participation in the Regatta.
- Signs and symptoms of COVID-19 include: Fever, cough, shortness of breath, fatigue, muscle or body aches, congestion, runny nose, loss of taste or sense of smell, headache, diarrhea, sore throat, nausea, or vomiting. Please refer to the [CDC guidance on symptoms](#).
- Symptomatic participants will be requested to refrain from participation in the Regatta.

Isolation of sick participants

- Any participant who becomes ill while on venue will be asked to leave the venue immediately.

Contact tracing

- Any participant who had close, sustained contact with a sick individual testing positive for COVID-19 will be required to follow state and local guidance on quarantine procedures.
- Vaccinated individuals who have had close contact with someone who has COVID-19 should get tested 3-5 days after exposure, even if they don't have symptoms. Vaccinated individuals should also wear a mask indoors in public for 14 days following exposure or until they have received a negative test result. Vaccinated individuals should isolate for 10 days if their test result is positive.

- The CDC currently defines close contact as: “someone who was within 6 feet of an infected person for a total of 15 minutes or more over a 24 hour period, starting form 2 days before illness onset (or for asymptomatic patients, 2 days prior to a test specimen collection) until the time a patient is isolated.”
- Close contact participants will be excluded from continued participation in the regatta, with the following caveat: any participant who is identified through contact tracing as a high risk contact and has been fully vaccinated (2 weeks after the final dose of your vaccine) and is asymptomatic, and who is symptom free, may continue with the event as long as they remain symptom free.
- If you have tested POSITIVE for COVID-19 since September 30, 2021, you will not need to be retested, but you will need to provide evidence (to your coach) of a clearance to return to training from a health care professional.

Community activities

- Participants are strongly encouraged to minimize other community activities.
- The following recommended practices will help to reduce exposure to COVID-19
 - ♦ Training should occur individually or with the minimum number of of people required to effectively train.

Special note for team boats: It is the responsibility of teams to maintain social distancing of athletes to reduce risk of exposure to COVID-19.

- ♦ Spectators
Spectators will not be allowed in the competitors’ area of the regatta.

Additional Relevant Information

Venue

- Restrooms
Hand sanitizer will be positioned adjacent to toilets and must be used prior to and after toilet use.
- Docks
The number of people at any given time on the docks will be limited to no more than absolutely necessary to ensure safe launching and landing. There must be an adherence to the minimum distance of six (6) feet. Each person on a dock must wear a mask that covers the mouth and nose.
- Launches
 - ♦ Disinfectant wipes will be available on all launches.
 - ♦ There should be no more than three (3) occupants of the boat.
 - ♦ Wearing a mask is recommended for all riders on the launch as six (6) feet separation can not be maintained.
- Timing
 - ♦ All members of the timing team should maintain social distancing while in position.
 - ♦ Any contactable timing devices will be sanitized between uses by differing team members.

Other Notes

- Participants are urged to bring their own drinking water from off site. In case of emergency, there will be bottles of water in the first aid tent.
- Participants are responsible for providing their own personal protective equipment.
- Participants should bring a waterproof/dry bag to store their masks while on the water. If needed, masks will be provided in the first aid tent.