

Pittsford Crew's 2021 Pull The Plug Regatta



Saturday November 6, 2021

Pittsford Crew is hosting our annual Pull the Plug Regatta on Saturday November 6, 2021. While there are not current travel restrictions or quarantine requirements for the state of New York, Pittsford Crew will closely monitor the ever-evolving situation. Please be aware of your state and local travel requirements when traveling to this event. Teams should regularly monitor the health status of their athletes, coaches, and other support staff daily before and during the event.

Lisa Meath (Pittsford Crew's President) will serve as the regatta's COVID Officer. Lisa is the primary contact for all COVID-related questions and her contact information is lpmeath.pcrew@gmail.com (585.545.0650).

General Measures

Failure to abide by the COVID protocols may constitute Unsportsmanlike Conduct. The offending crew or organization may be subject to the penalties associated with Unsportsmanlike Conduct, including the team or crew's exclusion or expulsion from the regatta.

Each competing organization should assign an individual who will be responsible for managing the team's wellness checks, interaction with regatta staff (including the COVID officer), contact-tracing, and any other elements in the event of a positive COVID test result.

Regardless of whether the individuals have been vaccinated or not, all rowers, coaches, volunteers and spectators are required to wear a mask and practice social distancing in preparations for and during the event. Rowers may take their masks off when they are on the water or eating. If people are eating, they are allowed to remove their masks while eating or drinking and required to put it back on when finished.

Registration Process:

- In order to minimize contact among coaches, staff and volunteers, the following measures will be in place:
 - Only one member of each organization will be allowed to pick up the organization's registration packet.
 - Every athlete must be compliant, with the proper US Rowing membership in place and a signed waiver on file, before an organization may pick up its registration packet.

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- US Rowing memberships can be activated or renewed by visiting: <http://www.usrowing.org/join.aspx> or by calling the Membership Services Department at (609) 751.0700.
- A current listing of your athletes, their member numbers, and expiration dates can be found on your online roster through the Membership Portal at <http://membership.usrowing.org>
- Any remaining balance for outstanding entry fees must be paid before an organization can pick up its registration packet.
- Coaches should ensure that everyone is compliant before coming to registration. If you are unsure of your compliance status, please contact 609.751.0700 to verify prior to coming to registration.
- All coaches will be required to confirm that they have successfully completed Safe Sport which is a requirement by US Rowing. A form will be sent to each club and it needs to be sent back to the COVID officer (Lisa Meath) prior to the end of business Thursday November 4, 2021.
 - The coaches Attestation Form can be found on Regatta Central under Pull The Plug Regatta
- Due to COVID restrictions, lineup changes must be done electronically at least 24 hours before the start of the first race of the event of which the crew is entered unless it is a medical substitution.
- The **TEAM COVID REGISTRATION FORM** must be submitted to the registration desk prior to any registration packets being distributed.
 - The Team COVID Registration Form can be found on Regatta Central under the Pull The Plug Regatta.

Competition:

- Each Club will specify one coach to attend the traditional Coxswains Meeting which will be held at the DPW site Saturday morning at 8:15 AM. It is critical that all coaches maintain social distance from one another during this meeting. All coaches should review US Rowing regulations with their team prior to competing onsite and disseminate the information to their crews.
- Coaches should review the race map, which is in your registration packet as well as posted online on Regatta Central (under venue tab).
- There is to be no coaching from the land. This will be strictly enforced.
- Coaches will be allowed to pick up medals at the registration table only after the official results have been posted. The results will be announced on the loud speaker system and posted on a results board at the DPW. The results will also be posted on twitter at @PittsfordCrew.
 - Rowers and coaches should not approach the registration or timing tent to ask about any results.
 - Any objections/protest will be handled by the Chief Referee.

Bow Number:

- Bow numbers will be included in the registration packet.

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- All bow numbers should be returned to the bin labeled "Bow Number" when the crew docks at the end of the race.

Safety Checks:

Due to COVID, the Race Safety Inspectors will not be touching your equipment. Consequently, each boat's coxswain or Coach needs to perform a safety inspection of the boat prior to approaching the launch area by inspecting the following items:

- Bow ball is secure
- Bow cap is in place
- Check that each pair of shoes is secure. They should be no looser than roughly three fingers widths
- Stern cap is in place

When approaching the launch area, a Race Safety Inspector will ask each boat's coxswain or rower to confirm that he or she has inspected the boat. If they have not inspected their boat, the boat will be asked to step aside while the Safety Inspector walks the coxswain or rower through performing the safety inspection.

Dock:

Different from prior years at the Pull the Plug Regatta, due to COVID, each team will be responsible for obtaining its oars and shoe bins.

- Each team is required to ensure proper cleaning and disinfecting has occurred.
- The number of people on the launch and recovery docks at any given time will be limited to 1 coach, 1 person for oars, and one person for shoes.
- Each team will need 2 dedicated people for distributing and retrieval of oars and shoes.
- It is critical that every team pay attention to the race so you are on time to avoid delays in launching or recovery of boats.
- The Oars Coordinator will manage the adherence to this rule. Everyone must comply with the instructions.

Launches:

- Disinfectant wipes will be provided in all launches.
- Occupants of the boat should be no more than a driver and referee, except where a radio communication operator is assigned.
- Referees and Radio Control personnel may remove their mask or mouth protection while following a race to enhance communication and audibility.
- The driver is responsible for disinfecting the steering wheel and the gear lever upon the start of their shift and at its completion.

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Starter's Area:

- The starter's area will have disinfectant wipes available.
- The starting system will be disinfected by the starter prior to and following each shift change.

Bathrooms / Portable Toilets:

- Toilets will be cleaned and disinfected regularly.
- Hand sanitizer will be positioned adjacent to toilets and must be used prior to and following toilet use.

Tents:

- There will be no grills or cooking allowed in any tents.
- Tents should be limited to rowers and coaches and the COVID officer for each team. If needed, an additional volunteer can be in the tent to assist.
- Before leaving the site, all trash should be removed from your site and taken with you when you depart.

Medical Tent:

- The medical tent / first aid station will be located at DPW near the dock.
- Only the sick or injured person and one other assistant (Coach, Parent, or Volunteer) should accompany the patient.

Pittsford Crew thanks everyone in advance for your support as we work to host a safe, fun, and competitive regatta. Good luck!