



Vesper Boat Club COVID-19 Reopen Plan

Last Update: April 12, 2021



Vesper Boat Club: COVID-19 Reopen Plan

- The goal of this plan is to provide an outline of the measures Vesper Boat Club has adopted to safely reopen the club during the COVID-19 pandemic.
- This plan is subject to updates as government recommendations and requirements change and as new information is available.
- Remember, as a club member, you enter at your own risk.
- Questions about this plan? Contact Vesper Boat Club's COVID-19 Safety Officer Shannon Kaplan or Club Captains Jenn Mussio and Mari Folco



Vesper Boat Club: Reopening Strategy

- This plan is set up in several phases. Some phases have options. The goal of these phases and options is to allow for as much access at any point of time that is reasonably safe.
- There are also guidelines for member safety. These include:
 - Safety protocols
 - Access protocols and reservation times available
 - What happens if someone gets sick
 - What happens if someone is not complying with these guidelines.
- If you would like to start coming to the club you will need to notify the captains, sign the waiver, sign the acknowledgement of this plan, and get access to iCrew.



Phases Of Reopening

All phases included here are currently approved by
the Board of Directors



Phase 1 Reopen: Minimal Access

- The first phase allows access for specific tasks. These tasks include:
 - Club projects – cleaning, repairs, club preparation for future phases.
 - Picking up or dropping off items – includes items from the locker rooms or boat bays.
- No other activities are during this phase.
- Those accessing the club must use iCrew to schedule a Boathouse Visit (if you do not have iCrew yet notify the Vesper Captains – Jenn Mussio/Mari Folco). They will ask for a date and time for access and will coordinate to ensure that access at that time will be safe. Vesper is also tracking entrance requests so that we can ensure the club is abiding by local/city COVID-19 requirements and will be able to perform contact tracing if necessary



Phase 2 Reopen: Options of Activities

- Beyond the initial reopen Phase 1 where members may access the club for volunteer or pickup/drop off purposes only, other activities that may be approved by the Board of Directors under phase 2. Available options may change through out phase 2. Each currently approved option will be communicated to the membership.
 - A. Use of non-boat equipment but outside only (ergs, spin bikes)
 - B. Use of restrooms – 1 women’s, 1 men’s
 - C. Use of weight room (limited to 1 person or same household/Approved Bubble training partners)
 - ~~D. Use non-boat equipment – main room (limit of 4 people – ergs, spin bikes)~~ **Not Yet Approved**
 - E. Use of boat bays/dock – 1xs and same household 2xs only
 - F. MODIFIED. Use of team boats by approved bubbles only **UPDATED**
 - G. Use of locker rooms for changing (6’ physical distance and masks required) **UPDATED**
 - ~~H. Add in Showers (1 per person only)~~ **Not Yet Approved**
 - I. HP Team Indoor Erg Testing Access **Approved for Testing Events only**

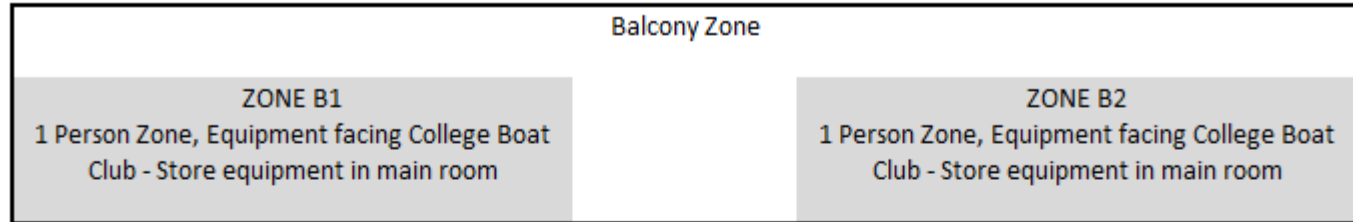


Phase 2 Reopen: Option A – non-boat equipment outdoors

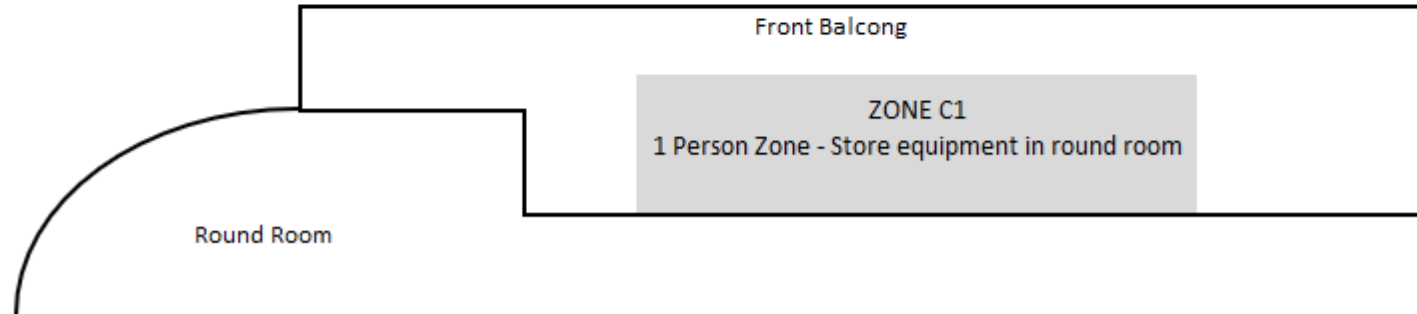
- Phase 2 Option A allows for the use of workout equipment outdoors.
 - Equipment allowed: Ergs, spin bikes (mask not required when in designated zone only)
 - Available work out locations: Balcony, side yard, pad outside boat bays (refer to map on next page for approved zones)
 - Members must have a reservation in iCrew for their specific workout zone before coming to the club and confirm in iCrew that they are symptom free
 - Reservation slots allow a minimum of 30' down time between equipment use.
 - Members using equipment must clean/disinfect all equipment
 - Member using equipment must return equipment indoors after workout. Refer to map for storage locations
 - Usage is weather dependent. Equipment may not be used outdoors if it is raining/snowing.



Phase 2 Reopen: Option A – Dock Open Map



With the docks open, all lower level outdoor locations will be closed for erging. An additional location will be added to the front balcony instead.





Phase 2 Reopen: Option B - Restrooms

- Phase 2 Option B allows for the use of restrooms at the club.
 - Restroom use is limited to one stall for men and one for women.
 - Restroom use is in the locker rooms only. The restroom at the bar will remain closed.
 - Members may only use the designated available stall (urinal) in their respective locker room
 - Members must keep their mask on while in the restroom
 - Members must wipe down toilet seat and handle with disinfecting wipe after each use.



Phase 2 Reopen: Option C – Weight Room

- Phase 2 Option C allows for the use of the weight room.
 - Equipment use allowed: weightlifting equipment **(NO CARDIO EQUIPMENT)**
 - Usage limitations: 1-2 people. (2 people may share the room if they are same household or an approved bubble)
 - Members must have a reservation on iCrew for the weight room zone before coming to the club and confirm they are symptom free
 - Masks must be worn while in the room.
 - Reservations start at the top of even hours and allow for up to 90 min of time
 - Members using equipment must clean/disinfect all equipment
 - Member using equipment must return equipment to its designated location.



Phase 2 Reopen: Option E – Limited Use of Dock

- Phase 2 Option E allows for the use of the docks for 1x and same household 2xs.
 - Docks will be open to general members with the exception of designated team launching windows. Team launching windows will be assigned to the HP team and the High School teams. These restricted time slots will be published to the club. When in the boat bays and on the dock a distance of 6' must be maintained between you and others at the club.
 - Initial rowing access will allow for use of club and private 1xs. Same household 2xs will also be allowed.
 - Use of masks while at the club and on the dock will be required. For 1xs and same household 2xs only masks may be removed after you shove from the dock but must be in place before returning.



Phase 2 Reopen: Option F Team Boats

- Phase 2 Option F allows for team boat use under the guidelines below.
 - **Members not Fully Vaccinated:** Members may create a 2-person bubble and use a 2x. This bubble commitment is to ONE and only one non-household partner. Both members must review and sign the bubble guidelines.
 - **Fully Vaccinated Members:** Members who are confirmed as fully vaccinated may form bubbles of up to a total of 5 members with other members who are also confirmed fully vaccinated. The bubble request may be submitted by 1 person, all must sign the bubble guidelines. Vaccination status must be confirmed by a member of the pandemic safety committee before the bubble will be approved and access to 4xs and 4+ is granted. Any member in the bubble may row a 2x with any other member of the bubble.
 - **HP Team:** This team has received an exception from PDPH (Philadelphia Department of Public Health) to train as professional athletes and has different rules/protocols.

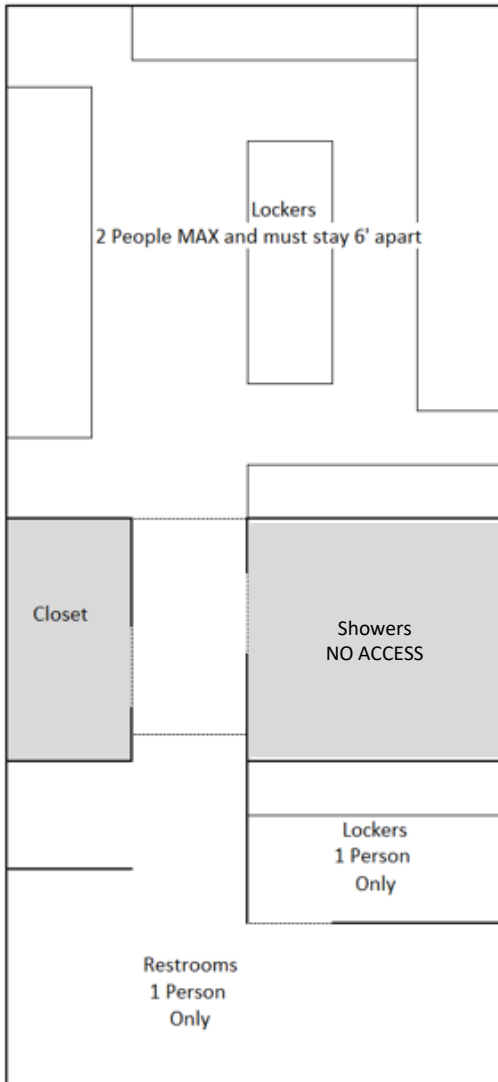


Phase 2 Reopen: Option G – Locker Rooms

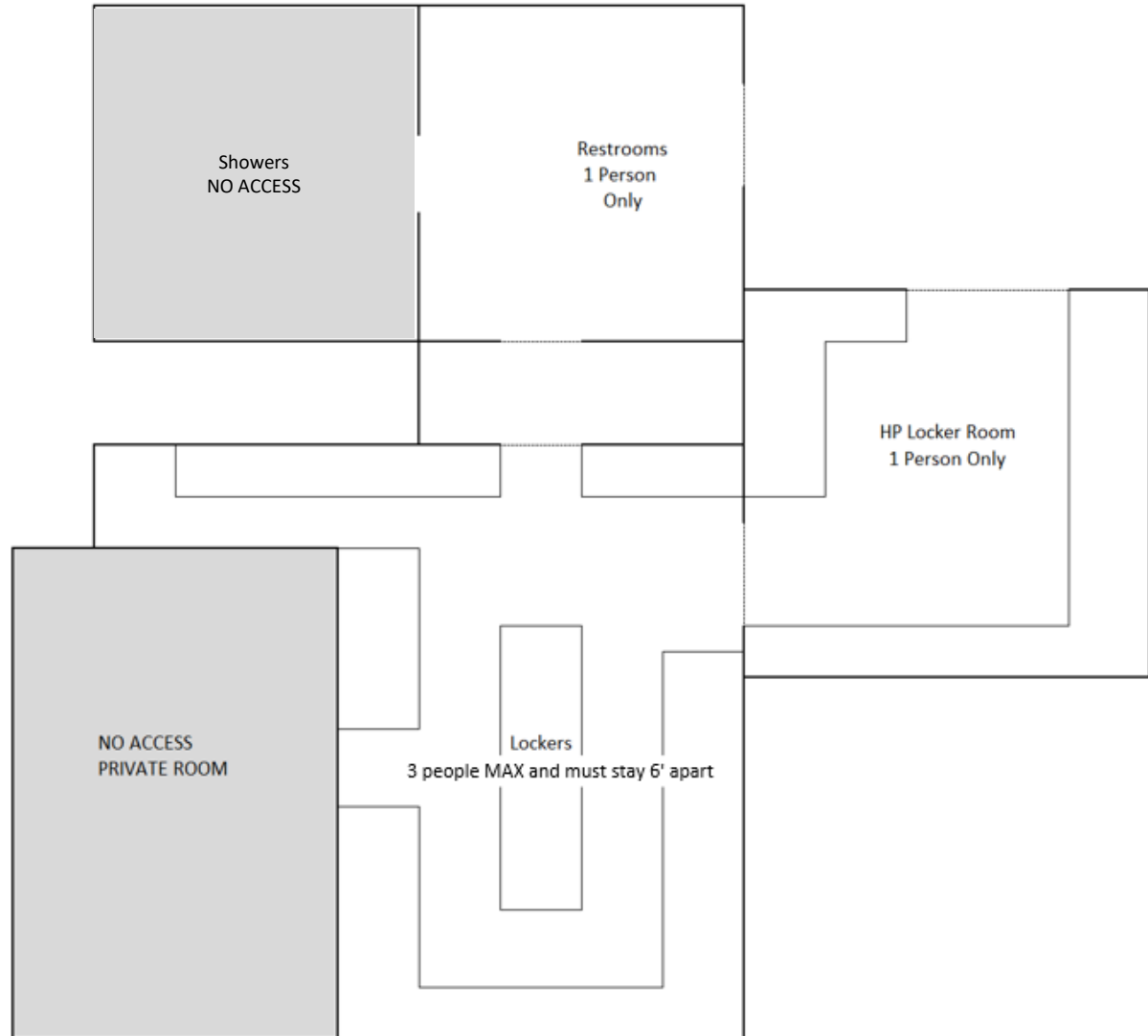
- Phase 2 Option G allows for the use of the Locker Rooms for changing.
 - Locker Room access is for storing of personal items and changing only. SHOWERS MAY NOT BE USED.
 - Time in the changing areas is limited to 10 minutes per person.
 - Follow the guidelines for how many people can be in each room (see map)
 - Men's Locker Room: 5 Max
 - Women's Locker Room: 4 Max
 - Masks must be worn at all times
 - Maintain physical distance of 6' from others.
 - You must take home all towels and clothing. Nothing may be left.



Phase 2 Reopen: Option G - Map



Women's Locker Room



Men's Locker Room



Phase 2 Reopen: Option I – HP Team Indoor Group Erg Test Access

- Phase 2 Option I allows for the HP Team to conduct erg tests in main room as a training bubble per the exemption granted to the team by PDPH.
 - The HP team must reserve the full 2nd level club for erg tests – where the tests can be done without masks, ergs spaced approx. 12’ apart, max 4 athletes.
 - Athletes may only be unmasked during the testing.
 - Masks **MUST** be worn in **ALL** other areas of the club as well as by Coaching staff and those not currently testing.
 - All team members will check in with iCrew for each session
 - Balcony doors must be fully open during the workout for ventilation.
 - Balcony doors with fans on will be left open for 10 min after the workout for a full air flush out of the Great Room (calculated need is 7 min.)
 - No other reservations on the 2nd floor by other club members will be allowed for a minimum 1 hour following the end of the HP session.



Member Instructions



Phase 1 & 2 Reopen Basic Guidelines

- Members are expected to follow the club guidelines when at the boathouse.
- During phase 1 and 2 there will be no guests or visitors allowed in the club. Only current members who have signed the Vesper waiver will be allowed in the club.
- Safety First. Masks **MUST** be worn while in the boathouse. Masks can only be removed when in your outdoor workout zone. Also please keep your hands clean. Use the available hand sanitizer or wash your hands regularly.
- If you are feeling at all unwell or have any symptoms of COVID **DO NOT COME TO THE CLUB.**



Phase 1 & 2 Reopen:



- To gain access to the club for a workout, you must have an account with iCrew. To get on our iCrew platform, please contact vespercaptain@gmail.com
- You must sign the waiver on iCrew.
- You will be able to reserve a 90-minute time slot. 90-minute slots start every two hours on the even hours.
- Your reservation is based on the assigned time – regardless of when you show up. If you are 30 min. late, you will then only have 1 hour of your reservation left.
- You should plan to arrive at the club at the start of your time and leave at the end (after cleaning).

Phase 1 & 2 Reopen: Cleaning/Disinfecting Guidelines



- To clean up, start by wiping up all sweat and putting all equipment back where you got it.
- Next disinfect all equipment. Vesper now has Clear Gear spray for disinfecting surfaces and work out equipment. To use this spray:
 - Make sure the bottle spray nozzle is set to ON.
 - Spray all surfaces thoroughly – weights, workout bench, floor areas you’ve laid/sweated on, erg handles, seats, monitors, spin bike seat, handles, knobs, etc.
 - Allow Clear Gear to dry – DO NOT WIPE IT OFF.
 - Clear Gear disinfects fully within 3 mins of being sprayed.





Phase 1 & 2 Reopen: What if Someone Gets Sick?

- We are asking members to notify one of the following if they have a confirmed case of COVID-19 and have been at the club within the previous 14 days OR have been exposed to someone known to have COVID-19 in the past 14 days AND you have been at the club since the exposure occurred. Please notify one of the following so that we may begin contact tracing:
 - Jenn Mussio or Mari Folco – Vesper Captains – vespercaptain@gmail.com
 - Shannon Kaplan – Board Member – syottkaplan@yahoo.com
 - Your Vesper Coach (Peter Mansfeld or Yohann Rigogne)
- Members who are impacted by the potential exposure will be asked to complete a quarantine per the CDC quarantine guidelines. Any of the three listed quarantine paths may be followed.
- Vesper members who have a confirmed case will be asked to stay home until they feel recovered, are symptom free and:
 - Are fever free for 72 hours, it's been more than 10 days since the symptoms appeared and cleared by a doctor
 - OR have received 2 negative COVID-19 tests taken at least 24 hours apart.



Phase 1 & 2 Reopen: Contact Tracing

- Should someone contract COVID-19 anyone in the same household as that member or in the same approved bubble as that member will not be allowed access to the club until they have completed one of the approved CDC quarantine paths.
- A general notice will go out to the club to alert members of the date of potential exposers so that members are aware, can be more vigilant about potential symptoms and may take any steps they deem necessary.



What if Someone Does Not Follow the Guidelines?

- If you see someone who is not following the guidelines, we encourage you to remind them.
- We will have an anonymous reporting form available for reporting any violations of the guidelines.
- If there is an issue reported, the captain and COVID safety committee will review the issue and discuss with the person in question.
- Violations will be handled as follows:
 - 1st confirmed violation – 1 week ban from the club
 - 2nd confirmed violation – 1 month ban from the club
 - 3rd confirmed violation – 1 year ban from the club



Reminder: Symptoms of COVID-19

Symptoms of COVID-19 include:

- **Fever.** Anyone with a temperature 100.4 degrees Fahrenheit or higher should not be at work.
- **Chills.** Including repeated shaking with chills.
- **Muscle pain or body aches.**
- **Headache or confusion.**
- **Difficulty staying awake or waking up.**
- **Cough.**
- **Shortness of breath or difficulty breathing.** May have bluish lips or face.
- **Congestion or runny nose.**
- **Sore throat.**
- **New loss of taste or smell.**
- **Nausea or vomiting.**
- **Diarrhea.**

Symptoms may appear 2-14 days after exposure to the virus. Not everyone who has COVID-19 will have bad symptoms. Some may only have mild symptoms or show no signs of being sick. The virus spreads through the natural moisture (respiratory droplets) we breathe out when we talk, cough, or sneeze.