

## Bergen County Parks Department



### COVID-19 Operational Plan & Protocol

#### LOCATIONS:

Rowing Enclosure & Dock

Overpeck County Park – Leonia South  
Leonia, NJ

Overpeck Park Rowing Center  
Overpeck County Park  
Teaneck, NJ

Bergen County Rowing Center  
Riverside County Park – South  
Lyndhurst, NJ

#### OPERATORS:



Teaneck Rowing Club  
589 Standish Road  
Teaneck, NJ 07666



Bergen County Rowing Academy  
137 Bergen Avenue, Apt C4  
Ridgefield Park, NJ 07660



Passaic River Rowing Association  
P.O. Box 440  
Lyndhurst, NJ 07071

## **GENERAL**

The purpose of this document is to:

1. Provide direction and guidance to Teaneck Rowing Club, Bergen County Rowing Academy, and Passaic River Rowing Association (*“Rowing Clubs”*) members and guests for the purposes of rowing from the two above-mentioned facilities within Overpeck County Park and the facility in Riverside County Park, in compliance with all restrictions in effect and guidelines issued by the CDC, New Jersey Department of Health, and other regulatory agencies with a focus upon reducing transmission and slowing the spread of COVID-19 through social distancing and other operational processes and procedures.
2. Provide the County of Bergen and its respective agencies with an operational plan documenting the Rowing Clubs' intent and commitment to continue rowing in compliance with all applicable restrictions and guidelines. This plan shall be submitted to, approved and remain on file with the Bergen County Department of Parks as a condition of and requirement to continue to operate as rowing clubs at Overpeck County Park and Riverside County Park.
3. Operate the rowing club following all identified best practices to safeguard the health, safety, welfare, and lives of its members and guests. The Rowing Clubs accordingly will incorporate all of the US Rowing guidelines pertaining to COVID-19 as appropriate (e.g., Teaneck Rowing Club and Bergen County Rowing Academy have no indoor facilities, and Passaic River Rowing Association only has a boat storage facility without indoor training facilities).

## **CLUB MEMBERS**

All Rowing Club members who are rowing out of any of the three facilities will be provided with a copy of this plan. Each Rowing Club shall maintain records on file, which shall be made available upon request documenting such.

## **FIVE CORE PRINCIPLES**

1. Athletes must follow the rules and regulations set forth by the CDC and the NJ Department of Health.
2. Training should focus on a “get in, train, get out” approach, minimizing unnecessary contact.
3. Individuals should always maintain social distancing of at least six (6) feet in all areas when social distancing is required. This includes coaches, athletes and staff. If possible, separate entrances and exits should be created to optimize social distancing.
4. Training should be allowed in single sculls (1x) only, except for members of the same household who may row in a double scull, in order to maintain proper social distancing when social distancing is recommended.
5. No team boats will be allowed until social distancing guidelines are lifted due to the possibility of the transmission of the disease through respiratory signature. A respiratory signature is the footprint we leave in the air every time we expel air from our lungs through our nose and/or mouth. This can be anything from simply exhaling to talking, laughing, sneezing or coughing.

### **ADDITIONAL GENERAL GUIDELINES**

1. Face masks (including cloth face coverings, surgical or hospital masks) shall always be worn in and within 25 feet from the boathouse, on the apron and on the docks. Masks can be removed once on the water in a single but should be put back on when returning to the dock.
2. Masks should be worn in addition to social distancing.
3. Athlete, coach and staff health must be monitored by the program director at least daily.
4. All athletes, coaches and staff should sanitize or wash their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols regularly.
5. Care shall be taken to pay attention to cleaning commonly touched items in our area of training or boathouse such as doorknobs, locks, gates, etc. These will be disinfected after each use, and at the end of each program daily.
6. Athletes shall carry small containers of hand sanitizer to use after touching potentially contaminated surfaces if no soap or water is available.
7. No personal items should be stored at the shed or in the pen. All personal items must remain in the individuals' vehicle or be brought into the boat with them.

### **RETURN TO TRAINING/ATHLETE HEALTH MONITORING**

1. Any individual (athletes, coaches, and staff) returning to the boathouse or to a training environment needs to have been in that general geographic location for 14 days prior to coming to the pen.
2. Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to a designated person at the club if the rower was physically present at the boathouse within the prior 14 days, and the individual must self-quarantine for 14 days before returning.
3. All individuals must self-monitor for symptoms of COVID-19 daily. These symptoms include: fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. If any of these symptoms exist the person should not come to the pen.
4. Athletes, coaches and staff must arrive to the practice facility wearing a mask. Masks are to be worn when not engaged in practice activity.
5. If someone feels any of the symptoms mentioned in #3 during or after practice, they should contact their program director and/or the Rowing Club Board and not attend practice. The individual should reach out to his or her doctor for assistance.
6. If an individual has had a documented case of COVID-19, they will need a note from their doctor indicating they are cleared to resume participation in training.
7. If training in groups, it is recommended to train in the same group and not mix training groups in order to decrease the risk of exposure across groups.

**OUTDOOR FACILITY USE**

1. The Rowing Clubs will follow state and local guidelines pertaining to parks and public waterways in the operation of on-the-water training.
2. Athletes should use their own equipment or the same pieces of equipment daily if unable to have their own – single (1x), oars, and adaptive equipment such as seat cushions, grip aids, etc.
3. The athletes will carry their specific oar set to and from the dock.
4. All oars will be wiped down with disinfectant before and after use.
5. Any shared equipment that is being used, will be thoroughly cleaned and disinfected with alcohol (70% minimum) disposable surface wipes before and after each use.
6. When launching/landing, social distancing will be maintained. Multiple boats on the dock should be allowed only if proper social distancing requirements of at least six feet can be met.
7. As water and wind conditions permit, one side of the dock should be used for launching and the other side should be used for recovery.
8. All trash shall be removed from the site daily.

Failure to comply with the plan on file shall be grounds for the operator to be closed by the County until all defects are cured. All guidance from federal, state, and local government entities will be adhered to including any updates thereto.


Filed By:

Teaneck Rowing Club, Inc.

Bergen County Rowing Academy

Passaic River Rowing Association

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By: William Waldman, president  
Date: July 1, 2020

  
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Clemens I. Reinke, president  
July 1, 2020

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Ben Delisle, president  
July 1, 2020

County of Bergen  
Reviewed/Recommended:

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By:  
Date:

Accepted/Approved:

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By:  
Date: