



COVID-19 Phase 6

Updated January 18, 2022

As put forth in Governor Kevin Stitt's Open Up and Recover Safely (OURS) Plan, Oklahoma is no longer in the COVID-19 State of Emergency effective Tuesday, May 4, 2021.

All plans are subject to change based on emerging state, local and CDC guidelines and RIVERSPORT's ability to staff and operate activities appropriately.

RIVERSPORT STAFF PRECAUTIONS

RIVERSPORT staff are highly encouraged to wear face masks while inside the Whitewater Center, Finish Line Tower, UCO, Chesapeake and Devon Boathouses.

Staff who are experiencing symptoms of COVID (see Appendix 1) or who have been diagnosed with COVID should not be at work and should follow [CDC guidelines](#) before returning to work.

Notifying close contacts. If the staff member has been at work during the time when s/he was potentially contagious (see Appendix 2), RIVERSPORT Human Resources will immediately notify all staff and/or members who were in close contact (see Appendix 2).

Staff who have been in close contact (see Appendix 2) with someone who has COVID will need to take steps to manage their exposure according to CDC guidelines as defined below:

Staff who are **unvaccinated or not fully vaccinated** should quarantine and get tested immediately after being identified as a close contact. If the test is negative, they should get tested again 5–7 days after last exposure and continue to quarantine. If symptoms develop during quarantine, they should isolate and get tested immediately.

Staff who are **fully vaccinated** should get tested 5-7 days after coming into close contact with someone with COVID-19 and wear a mask indoors in public for 10 days or until they test negative. If symptoms develop, they should isolate and get tested immediately.

People who have **had COVID-19 within the past 90 days and recovered** should wear a mask indoors in public for 10 days after exposure, monitor for symptoms, and consult with a healthcare professional for testing recommendations if they develop new symptoms.

RIVERSPORT staff will continue rigorous, frequent cleaning schedule/protocol of equipment with disinfectant before, during, and after training. Staff will wear appropriate personal protective equipment (PPE) (i.e.: gloves, face mask, etc.) to prevent contact with contaminated surfaces.

RIVERSPORT staff will engage physically with members only if immediate safety is at risk.

RIVERSPORT MEMBERS, COACHED PROGRAMS

1. Required criteria for participation in open training sessions and/or coached sessions (includes members and staff)
 - a. No signs or symptoms of COVID-19 (see Appendix 1) in the past 7 days **or** proof of vaccination.
And
 - b. People who are identified as a close contact (see Appendix 2) will need to take steps to manage their exposure according to CDC guidelines as defined below:

People who are **unvaccinated or not fully vaccinated** should quarantine and get tested immediately after being identified as a close contact. If the test is negative, they should get tested again 5–7 days after last exposure and continue to quarantine. If symptoms develop during quarantine, they should isolate and get tested immediately.

People who are **fully vaccinated** should get tested 5-7 days after coming into close contact with someone with COVID-19 and wear a mask indoors in public for 14 days or until they test negative. If symptoms develop, they should isolate and get tested immediately.

People who have **had COVID-19 within the past 90 days and recovered** should wear a mask indoors in public for 14 days after exposure, monitor for symptoms, and consult with a healthcare professional for testing recommendations if they develop new symptoms.

- c. Anyone who has any signs or symptoms of COVID-19 will be asked to leave the premises and encouraged to contact their healthcare provider
2. Prevention measures to help reduce the spread of COVID
 - a. Onsite infection prevention measures must be followed
 - i. Hand sanitizer is available and should be used both before and after rowing
 - ii. High touch surfaces such as hose, slings, desk, computer, etc., will be disinfected by RIVERSPORT staff
 - iii. A maximum of four (4) people are allowed to be in locker rooms at one time. The expectation is that locker room and bathroom use follows the “get in, get out” approach
 - b. Indoor training sessions will take place and members will maintain a minimum of 6 feet distance from each other during exercise
 - c. Members are asked to minimize socializing at the boathouse
 - d. Members are encouraged to wear masks indoors at all times, except during exercise
3. Use of equipment during open training sessions
 - a. Team boats. Line-ups will be recorded for contact tracing. If someone on the team becomes COVID-19 positive, all members who have rowed with that member within the previous 10 days will be asked to quarantine and/or test negative for COVID-19 before returning to the boathouse, following required criteria for participation in open training sessions (Section 1).
 - i. Boats will be spaced six or more feet apart on the dock and boat apron for cleaning
 - ii. RIVERSPORT Boats will be cleaned with soap and water, inside and outside, after every use. Boats will be returned to their designated rack by the members.

- b. Oars. Members will touch only their own or assigned oars and clean with soap and water after use.
 - c. Cleaning supplies. Buckets, soap, sponges and towels will be provided by RIVERSPORT. Before and after use of the water hose, members are expected to disinfect their hands.
4. Storage of personal items during training session
- a. USRowing recommends that personal items remain in the individuals' vehicle or be brought in the boat with them, not stored in the boathouse.
 - b. Lockers in the locker rooms will not be disinfected before and after every use. It is the responsibility of the user to clean before and after use.

RIVERSPORT COVID Appendix 1
January 18, 2022

COVID-19 symptoms per the CDC

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have COVID-19:

- Fever or 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

This list does not include all possible symptoms. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

Additional information and [Source](#)

RIVERSPORT COVID Appendix 2

Close contact as defined by the CDC

Someone who was **less than 6 feet away** from an infected person (laboratory-confirmed or a [clinical diagnosis](#)) for a **cumulative total of 15 minutes or more over a 24-hour period** (for example, *three individual 5-minute exposures for a total of 15 minutes*).

An infected person can spread SARS-CoV-2 starting 2 days before they have any symptoms (or, for asymptomatic people, 2 days before the positive specimen collection date).

Additional information and [Source](#)