



PRINCESS ANNE HIGH SCHOOL CREW CLUB COVID-19 RELATED SAFETY AND CLEANING GUIDELINES

Princess Anne Crew Club (PACC) cannot guarantee that all equipment is free from contamination or water-borne illness. Any participants using PACC's equipment shall be responsible for their own health. This document provides procedures to reduce this risk as much as possible through special cleaning and social distancing guidelines.

It is important to note that the CDC has stated that the risk for spread of COVID-19 from contaminated surfaces is much lower than originally reported. According to the CDC, the virus is rapidly degraded when exposed to sunlight, and outdoor areas generally require normal routine cleaning but do not require disinfection. There is much higher risk of infection if respiratory droplets are ingested through one's nose, face, eyes, or mouth.

PACC coaches and participants must follow all laws, regulations, mandates, and rules from federal, state, or local authorities. These public health guidelines include, but are not limited to, practicing social distancing, reducing group sizes, wearing masks when in public, and self-reporting if one test positive for or has been exposed to COVID-19. The information in this document shall be reviewed with all participants, parents, and coaches before holding any in-person sessions.

Daily Use Requirements

MASKS: All participants and coaches must wear a mask when at the site. These masks shall be worn from the time one leaves their vehicle and while at the site. It is permissible to remove one's mask once on the water and ten feet or more from the dock, and/or when 6 feet from another athlete or coach. Masks must be put back on before docking or within 6 feet from another athlete or coach and shall not be removed until back in one's vehicle.

EQUIPMENT: Coaches will supervise the cleaning of all contact areas of rowing equipment used during a practice session. Rowing machines (also know as "ergs") will be cleaned after each use and stored in an area protected from the elements.

PARTICIPANT SUPPLIES: Each participant in a program or rowing session during the pandemic shall be responsible for providing certain supplies. These items include: 1) enough water to safely participate in practice as it is not permissible to use water fountains, 2) bottle of hand sanitizer for personal use only, and 3) disinfecting wipes or spray to clean off one's equipment after each use.

REQUIRED QUARANTINE & REPORTING: Any individual known to have been exposed to a person who has been sick and/or diagnosed with COVID-19 must self-report to their assigned coach as well as PACC via pacrew.web@gmail.com. Any changes in regulations or guidelines from PACC, USRowing, or other governing bodies shall be sent out to all participants by PACC via electronic means.

Online Resources

- **CDC WEBSITE:**
<https://www.cdc.gov/coronavirus/2019-ncov/communication/guidance-list.html>
- **VA DEPT OF HEALTH WEBSITE:** <https://www.vdh.virginia.gov/coronavirus/>
- **USROWING WEBSITE:**
<https://usrowing.org/sport/2020/3/4/usrowing-coronavirus-information-and-updates.aspx>



PRINCESS ANNE HIGH SCHOOL CREW CLUB COMBINED COVID 19 & GENERAL LIABILITY WAIVER

IN CONSIDERATION of being given the opportunity to participate in any Coastal Virginia Community Rowing and Princess Anne High School Crew Club (Clubs) activity, including scheduled, supervised club activities, and registered regattas, during the period of 08/01/21 – 08/31/22, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.
2. I FULLY UNDERSTAND that: (a.); ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasee named below; (c.); there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Clubs and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
4. I HEREBY RELEASE, discharge, and covenant not to sue US Rowing, the Clubs, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releases herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releases or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releases, from any litigation's expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.
5. I AGREE to be familiar with, comply with, and be bound by the Rules and Regulations of USRowing, including but not limited to the USRowing Rules of Rowing (www.usrowing.org), the World Anti-Doping Code (www.usada.org), and the codes, rules, policies and procedures of the U.S. Center for SafeSport (the "SafeSport Rules," www.SafeSport.org), including with respect to the exclusive authority and jurisdiction of the U.S. Center for SafeSport to investigate and resolve reported sexual misconduct and the discretionary authority to investigate and resolve reports of other misconduct. I further agree that arbitration pursuant to the binding arbitration provisions of the SafeSport Rules shall be the exclusive method to resolve any dispute over any disciplinary action taken by USRowing as a result of a USCSS investigation (the "Arbitration Procedure"). I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.
6. IN CONSIDERATION of being permitted to compete, officiate, observe, work, or participate in any way in the EVENT(S), I for myself, my personal representatives, heirs, and next of kin:
 1. Affirm that I have not been diagnosed with, demonstrated any symptoms of or have in any way been exposed to any communicable diseases (including but not limited to the virus commonly referred to as COVID-19) within the last 14 days, or that I have complied with all local, state and federal guidelines and regulations as related to communicable diseases;

2. Acknowledge that I am aware that by entering the premises and participating in rowing-related and sponsored activities that there are risks to me and to those with whom I interact of exposure, directly or indirectly, to

communicable disease(s) including but not limited to the virus "severe acute respiratory syndrome coronavirus (SARS-CoV-2)", "COVID-19" and/or any mutation or variation thereof;

3. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, all for the purposes herein referred to as "Releasees", from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any and all loss or damage, and any claim or demands therefore, whether caused by the negligence of the Releasees or otherwise;

4. HEREBY agree to INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur arising out of or related to my illness or death, whether caused by the negligence of the Releasees or otherwise.

I HAVE READ THIS COMMUNICABLE DISEASE RELATED HOLD HARMLESS, RELEASE, WAIVER OF LIABILITY, AND INDEMNITY AGREEMENT, UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Printed Name of Participant: _____ Date: _____

Address: _____

Phone: _____

Signature (only if age 18 or over) _____

PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releases from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

Printed Name of Parent/Guardian: _____ Date: _____

Address: _____

Phone#: _____

Parent/Guardian Signature (only if participant is under the age of 18): _____