

RCRC COVID-19 Rules of Conduct Contract and Waiver

Please read over with your rower and initial where indicated.

Due to concerns of the COVID-19 threat to our community, Rocket City Rowing will operate under new Rules of Conduct in addition to our already existing membership Code of Conduct that shall be in-line with the "USRowing Re-Opening the BoatHouse/ Return to Training Considerations Post-Covid-19".

This document is a contract between members and Rocket City Rowing Crew to follow the RCRC COVID-19 Rules of Conduct. Furthermore, by signing, this member assumes the risk related to COVID-19 and convening for practice and agrees to hold harmless Rocket City Rowing Crew and its "Affiliates" (i.e. members, coaches and staff) in matters related to any spread of COVID-19 or the spread of a virus known to cause COVID-19.

I, Rebecca Lemma (Print Parent Name), agree to abide by the "RCRC COVID-19 Rules of Conduct" below as it pertains to myself or my youth rower in addition to "RCRC COVID-19 GUIDELINES & PROCEDURES", see the **Addendum**. I agree to hold harmless Rocket City Rowing Crew and/or its Affiliates in matters related to any spread of COVID-19 or the spread of a virus known to cause COVID-19.

I agree to allow my youth rower to participate in practice if :

- 1) To my knowledge, my youth rower or his/her cohabitants, have not been in close contact with a confirmed case of COVID-19.
- 2) My youth rower or his/her cohabitants, have not been experiencing the symptoms of the COVID Delta variant of sore throat, runny nose, headache, fever, chills, muscle or body aches, nausea, diarrhea, or signs of the the original COVID virus including a cough, shortness of breath, or sore throat, loss of taste/smell or other known COVID-19 symptoms.
- 3) My youth rower or his/her cohabitants have not had a fever within the past 48 hours.
- 4) My youth rower will bring a mask or appropriate face covering to practice to be worn, covering nose and mouth, while in proximity of other persons around the boathouse and between the boathouse and getting into boats when deemed necessary by USRowing, RCRC Board of Directors, or the RCRC Coaching Staff.

5) I agree my youth rower will maintain social distance with non-cohabitants of 6+ feet to the highest degree possible and to hand sanitize whenever touching potentially contaminated surfaces.

(Parent Initial) RL

My youth rower will follow additional safety and sanitary procedures determined by Rocket City Rowing Staff and Governors (i.e., Coaches, Coordinators, and RCRC Board Members ["RCRC Staff and Governors"]) which includes but is not limited to the procedures described in the Addendum. Furthermore, I understand that should he/she willfully disregard the rules of conduct or additional sanitary practices determined by RCRC Staff and Governors, he/she may be removed from practice, be put under suspension, or have my membership terminated.

(Parent Initial) RL

I agree that should my youth rower, **or someone who he/she lives with or has been in contact with**, show symptoms of being sick (i.e. experiencing sore throat, runny nose, headache, fever or signs of the the original COVID virus including a cough, shortness of breath, or sore throat, stomach complaints, loss of taste/smell or other known COVID-19 symptoms) or test positive for a virus known to cause COVID-19, or any such respiratory illness such as COVID-19, after participating in practice or visiting the boathouse, that I will (1) notify my rower's head coach and (2) isolate my rower, and avoid further exposure to club property and membership for a period no less than ten (10) days or until cleared by a physician in writing or until a COVID-19 test shows that I have tested negative for the virus.

(Parent Initial) RL

Signed (Sign Parent Name) Rebecca Lerma

Date 9-3-21

Signed (Rower Name) Rebecca Lerma

Date 9-3-21

Addendum

<http://www.alabamapublichealth.gov/covid19/assets/cov-sah-athletic-facilities.pdf>