

## 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, Adrian Shrider (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.