



RENTON ROWING CENTER
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Dear Renton Rowing Center community,

We have continued to track multiple data points of the COVID pandemic in the city, county and state. In particular we are tracking protocols, responses and unfortunately outbreaks in other rowing and athletic organizations.

Our team of advisors which include medical doctors, COVID researchers and public health specialists have briefed us on the behavior and seriousness of the Alpha and Delta variants of COVID as well as “long-covid”. They are in full support of the following updated RRC COVID protocols which are now being implemented in response to the spread of the Delta Variant.

Indoor Training: All Indoor training is suspended until further notice. This includes training in the boathouse and on the docks. Should land training be necessary, it must be performed outdoors with at least 6 feet of social distancing.

Masks: Masks are required for staff and all athletes in the offices, boat bays, and docks. Masks may be removed by athletes once out on the water per participants’ comfort level.

Health Monitoring: Each athlete must answer a set of health questions daily upon arrival at the boathouse. If a coach determines that the athlete is displaying symptoms based on their answers, the athlete will not be permitted to participate in practice.

Contact Tracing: Athletes must also fill out a virtual sign-in form when they arrive at the boathouse with their full name, date, arrival and departure time.

Vaccinations: Vaccinated athletes may row in team boats with other vaccinated athletes. Unvaccinated athletes may only row in singles, or in doubles with one other person to form a “Double Bubble.” Unvaccinated youth athletes who wish to form a Double Bubble must express written approval from the parent or guardian of each athlete.

Vaccinated athletes may opt out of team boats, or choose to form a Double Bubble if this is more suited to their comfort level.

If you are not currently vaccinated but plan to be in the future, you may only row in singles or in a Double Bubble until 2 weeks after receiving your final vaccination shot. After this period, you will be permitted to row in team boats.

Information on getting vaccinated is [here](#).

We offer two ways to record your vaccination status with the RRC. You can submit a signed [waiver / attestation form](#) or provide a copy of your vaccine card. Either of those documents can be returned to the office via paper copy in the mailbox upstairs, given to a staff member, or emailed to the [Program Director](#). Many of you have already submitted this documentation to the office or coaching staff. You do not need to resubmit.

We ask that all families and members continue to mitigate their own personal risks:

- Monitor your own health daily.
- Know the [symptoms](#) of COVID and the Delta Variant.
- Do not come to the boathouse if you are showing symptoms of COVID or other illness.
- If you have traveled to an area with a high spread of COVID, please follow CDC recommendations about testing and quarantining. [Read more here](#).

The health and safety of our athletes and staff is our top priority at RRC, and these policies are designed with the health and protection of our entire community in mind. We will continue to monitor the data and guidelines as the situation continues to evolve. We are prepared to take additional precautions if necessary. As you have seen, we take our responsibility to avoid contagion in our boathouse and community very seriously. Our COVID advisors have been extremely clear that the race against COVID is not yet finished. We appreciate your continued cooperation and support as we work to provide a safe and welcoming environment for all.

If you have any questions, please contact me or any member of the Renton Management Committee.

Rachel Wong
Program Director | Renton Rowing Center
[The RRC Management Committee](#)