



## Mercer Summer Rowing – Overview of Proposed Programming\*\*

- Based on Executive Order 149 from Governor Murphy’s office, organized athletic activities may resume starting June 22, 2020 with the condition that social distancing (6 feet or more) is followed
- Mercer will begin offering time slots on a SIGN-UP basis to row singles only (or same household doubles/pairs). This applies to everyone – masters, juniors, and people who own private boats and is effective on Monday, June 22, 2020
- We will send out a link to a sign up on a weekly basis
  - Each Saturday at noon prior to the week of rowing will be the opportunity for anyone who is currently registered for a Mercer virtual program (masters or juniors) to sign up for a minimum of 2 slots
  - Each Sunday at 6 pm prior to the week of rowing will be the opportunity for anyone who is NOT currently registered for a virtual program but who wants to row. This is also when others can sign up for a 3<sup>rd</sup> time slot if there are any open slots
  - No one using Mercer equipment can row more than 3 times per week
- If you own your boat, you can sign up for any time slot starting at noon on Saturday and can sign up for as many slots as you’d like, but you MUST sign up for a designated time slot
- We will charge \$10/row for people using Mercer boats, and \$5/row if you have your own boat
- You can also sign up for a same household double/pair for \$15/row. We don’t anticipate a high demand for this, so as of now, there is no limit on number of times you can sign up
- We will have 2 launches on the water during all sessions and these will be for safety and general rowing instruction. We are not anticipating running workouts or having a structured practice with so many people new to sculling, which brings me to...
- Each single will be equipped with pontoons for added stability and floatation. This will allow novice rowers, people who have never sculled or are not comfortable sculling, the ability to actually row off the dock without flipping (it’s very hard to flip a boat with pontoons)
- A coach or designated staff member will take everyone’s temperature when they arrive with a handheld thermometer (there will be no person to person contact)
- Coaches will be wearing masks and gloves at all times while on land
- Athletes will be required to wear a mask on land at all times. We recommend that you have a ziplock bag that you bring with you to put your mask in and then put in your uni/spandex while you are rowing and then can easily access when you return to the dock.
- Athletes need to plan on a “get in, row, get out” approach. There is no hanging out before or after practice. Athletes should plan on arriving/getting dropped off at the start of their time slot and departing/being picked up at the end of their time slot.
- Only bring what you need for rowing in the boat. We will have a designated space outside for backpacks and keys, but please use a minimal approach to extra “stuff”

**\*\*This is a proposal of our intended summer program as of June 2, 2020. It is subject to change on a weekly basis or if state guidelines change.\*\***