



Overview of Mercer Masters Fall Program 2020

The Masters program will allow rowers and coxswains to register for on-the-water programming and/or virtual programming:

GROUP 1: ON THE WATER Mon, Wed, Sun, VIRTUAL Tues, Thurs, Fri

GROUP 2: ON THE WATER Tues, Thurs, Sun, VIRTUAL Mon, Wed, Fri

GROUP 3: VIRTUAL Mon - Fri Coached erg sessions on Zoom

NOTES FOR GROUPS 1 AND 2:

- All on-the-water (OTW) rowing practices will take place at the Caspersen Rowing Center
- Small groups of 10-12 rowers will remain together to row in a variety of boats (single up to 8 w/cox)
- On days when athletes are not rowing on the water a 7:00 AM virtual erg session will be available

GROUP SCHEDULES*

- GROUP 1
 - OTW Mon, Wed 5:15 – 6:45 AM, Sun 1:00 – 2:15 PM
 - Zoom Tues, Thurs, Fri 7:00 – 8:00 AM
- GROUP 2
 - OTW Tues, Thurs 5:15 – 6:45 AM, Sun 2:30 – 3:45 PM
 - Zoom Mon, Wed, Fri 7:00 – 8:00 AM
- GROUP 3
 - Zoom Mon - Fri 7:00 – 8:00 AM

***IF IT GETS TOO COLD TO BE ON THE WATER IN THE MORNINGS**

- GROUP 1
 - OTW Sun 1:00 – 2:15 PM
 - Zoom Mon - Fri 7:00 – 8:00 AM
- GROUP 2
 - OTW Sun 2:30 – 3:45 PM
 - Zoom Mon - Fri 7:00 – 8:00 AM
- GROUP 3
 - Zoom Mon - Fri 7:00 – 8:00 AM

General Guidelines

- Masks will be worn at all times on land
- Temperatures will be taken for every athlete upon arrival, every day. If an athlete has a temp of 100.4 or higher, they will be asked to go home for that practice
- A household health status will be taken for every athlete upon arrival every day; if any COVID symptoms in the household, the athlete will be asked to go home for that day
- All equipment will be disinfected after every use
- We will start out rowing in small boats (4s or smaller) for at least the first two weeks



- The erg/workout room will NOT be utilized by more than 8 people at a time and the bathrooms/water fill station will not be available in the workout room
- The ON THE WATER (OTW) program is Monday, Sept 14 through Sunday, Nov 22
 - [Masters OTW registration fee](#) is \$400 plus a \$50 facility use fee; free for coxswains
- The VIRTUAL program is Monday, Sept 14 through Friday, Nov 20
 - [Masters Virtual registration fee](#) is \$300