



**2021 Mercer Lake Sprints
Mercer Lake, West Windsor, NJ
April 17-18**

Introduction:

The Princeton National Rowing Association (PNRA) plans to hold the 2021 Mercer Lake Sprints (MLS) between April 17 and 18, 2021. For the 2021 MLS, the CDC, New Jersey, Mercer County and USRowing Health Guidelines have been used in developing this protocol which the MLS will be run under if the MLS is allowed to run on the planned dates.

The State of New Jersey currently has travel guidelines which all participants will be asked to follow: [New Jersey Travel Restrictions](#) These guidelines strongly recommend a COVID test prior to travel to New Jersey from all states outside of the 5 state region (Delaware, Connecticut, New Jersey, New York, Pennsylvania).

As of 6 a.m. on Friday, April 2, the general outdoor gathering limit increases to 200 people. Athletes, coaches, and referees, will not be counted towards the general outdoor gathering limit. All other spectators, including parents and guardians, will be limited to 200. New Jersey Governor Murphy Executive Order 235.

Due to these New Jersey COVID Restrictions and guidelines the 2021 MLS will be run without spectators and team tents at any location in Mercer County Park. PNRA will be providing on-line video coverage of the finish line.

If a team or team member fails to comply with the COVID related protocols adopted for this event and contained in this document and referenced documents, that person and their team will be asked to leave the Mercer County Park venue and both the person and the team will not be allowed to participate any further in the competition. Additionally, lack of following these Protocols may result in all or a part of the event being cancelled. No refunds will be offered if the team is asked to leave the venue or all or a part of the event is cancelled due to violations of this COVID protocol.

Contact information:

- Dr. Wenger will serve as the Chief Medical Officer for the event. Dr. Wenger will be available and will coordinate any necessary response.
- Dr. Wenger will review all COVID-19 preparations, along with the Regatta Director, Chief Referee, and the COVID Officer.

- Kris Grudt will serve as the COVID Officer for this event and will coordinate any necessary contact tracing and is the primary contact for all COVID-19 related questions. He will report to the CMO, Dr. Wenger.
 - Kris can be reached via email at krisgrudt@rowpnra.org.
- The PNRA Regatta Director is Hilary Gehman and can be reached for general regatta information prior to arrival for the regatta.
 - Hilary can be reached via email at hgehman@rowpnra.org

General Measures:

The following will be required of all participants as specifically outlined by group (Competitors, Coaches, Regatta Staff, Referees, and Volunteers):

Team COVID Officer

- Each team will appoint a Team COVID Officer who is responsible for monitoring and reporting their team's health wellness and COVID status. The Team COVID Officer should be present at the Mercer Lake venue while the team is on site.
- The team will notify the PNRA of who the Team COVID Officer along with the contact information for the Team COVID Officer using this [form](#).

Symptom Survey:

- Beginning April 12, The Team COVID Officer must complete a daily wellness (symptom) survey certifying the wellness of the athletes on the team. This will be sent by automated email throughout the event. Failure to complete the wellness survey daily may result in exclusion of the team from the event. [Click here for a copy of the Team wellness survey.](#)
- Beginning April 12, all other participants (the officials, volunteers, timing staff, and media) will complete the wellness survey during the event on the days they are on venue. [A copy of the participant wellness survey can be found here.](#)
- All teams will continue to complete the wellness survey through April 28.
- If a participant tests positive for COVID-19 or develops symptoms following the regatta through and including April 28, The Team COVID Officer must report this information to the Regatta COVID Officer.

Pre-event testing:

- Participants are limited to the 5 state region within the NJ travel bubble, therefore pre-testing and quarantine are not required.
- For people who have tested Positive for COVID since January 16, 2021, it is recommend that you have received medical clearance from a doctor to return to physical activity.

While On Venue:

- Team members and participants are encouraged to remain in the immediate area around their trailer or team vehicle except when going to the docks to launch or returning from racing.
- Only those team members who are racing in the boat being launched or recovered and the coach of the crew may go to the launching or recovery docks.
- If team members and participants leave the immediate area around the team trailer or vehicle, they must follow the physical and social requirements with no congregating on the regatta venue.
- Larger teams will be provided with a dedicated port-a-jon for their team's use. If team is provided with dedicated Port-a-jon, this is the primary facility for that team to use.

Facemasks requirement:

- Facemasks covering both the mouth and nose are required at all times for all people at the venue. Surgical masks are preferred. Neck gaiters are not acceptable.
- Competitors must wear a facemask until after launching and prior to landing.
- Please refer to the [CDC guidance on facemasks](#).

Hand sanitizing:

- Hand sanitizers will be located at all building entrances and throughout the venue. It is required to use them upon entering or exiting a bathroom, port-a-jon or building.

Distancing:

- It is important to maintain physical/social distance to other people. Please maintain six (6) feet of physical/social distance at all times practicable.
- Areas of high traffic will be controlled with traffic flow diagrams to prevent bunching.

Acknowledgement and Reporting of symptoms:

- Should any Participant experience COVID-19 related symptoms, they must contact PNRA staff and the medical team as soon as possible. Event medical staff will evaluate the participant and determine appropriate next steps for treatment. Based upon the evaluation of the participant, a decision will be made regarding whether the participant will be excluded from participation. Failure to report symptoms may result in exclusion from the event.

Symptomatic Participants:

- Should any participant develop signs or symptoms of COVID-19, they must not attend training or competition or travel to the venue. Anyone participating in the event developing any of these signs or symptoms, must notify PNRA Staff and

event Medical staff immediately. Arrangements must be made to have the athlete or staff member evaluated by event medical staff.

- Signs and symptoms of COVID-19 include:
 - Fever, cough, shortness of breath, fatigue, muscle or body aches, congestion, runny nose, loss of taste or smell, headache, diarrhea, sore throat, nausea, vomiting
 - Please refer to the [CDC guidance on symptoms](#)
 - Symptomatic participants will be evaluated by the regatta CMO and may be required to provide a negative PCR COVID-19 test before being allowed to participate. It will be the responsibility of the participant to obtain the necessary FDA approved test.

Isolation of sick participants:

- Any participant who becomes ill while on venue will be asked to isolate in the medical area until they are able to be evaluated by the event medical staff.
- Upon evaluation, the participant may be asked to leave the venue.
- The participant may be asked to get a COVID-19 test.
- If the COVID-19 test is positive, the person will be asked to provide their whereabouts over the preceding 48hours to facilitate contact tracing.

Contact Tracing:

- Any participant who had close, sustained contact with an individual testing positive for COVID- 19 will be required to follow state and local guidance on quarantine procedures.
- The CDC currently defines Close Contact as:
 - “Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.”
 - Wearing a mask is not taken into consideration when determining close contact.
- Close Contact participants will be excluded from continued participation in the event, with the following caveat:
 - Any participant who is identified through contact tracing as a high risk contact, BUT who has tested positive for COVID-19 within 90 days of that exposure, and can produce the test result, and who is symptom free, will be allowed to continue in the event.

Special Note for Team Boats:

- It is the responsibility of teams to maintain strict isolation of their athletes while participating in the MLS. This will ensure that the crews can compete without interruption by sickness or COVID-19 exposure. These athletes should not rely

on mask wearing and/or physical/social distancing alone to protect against exposure to any infectious disease.

Spectators

- Spectators will not be allowed on the regatta venue. This includes all of the surrounding areas of the race course within the park. Off limits to spectators includes both sides of the race course, i.e. the Caspersen Boathouse/north side of the course, the “last 500m” stretch on the south side of the course, Mercer Park Boathouse, the parking lot adjacent to the athlete area, the Gazebo at the 1000m mark, and anywhere participants, staff, or regatta volunteers have access. Spectators may watch [Princeton National Rowing Association - YouTube](#). Signage will be posted prohibiting entrance to the Regatta Venue.

Additional Relevant information:

Venue

Athlete weighing

- No athlete weigh-ins will be conducted during the 2021 MLS.
- Both lightweight and coxswain will be on an honor basis.

Bathrooms/Porta Johns

- Toilets will be disinfected every four hours.
- Hand sanitizer will be positioned adjacent to toilets and must be used prior to and following toilet use.

Launch/Return Docks

- The number of people at any given time on the launch and recovery docks will be limited to no more than absolutely necessary to ensure safe launching and landing. There must be an adherence to the minimum distance of six feet.
 - A maximum of 10 people can be on a dock at one time.
 - 1 ea. 8+
 - 2 ea. 4+/4-
 - 4 ea. 2-/2x
 - 6 ea. 1x
 - Time on the dock when launching and landing must be kept as short as possible.
- All people on a dock must wear a mask that covers the mouth and nose.
- Masks may only be removed once the boat is on the water. The members of the Control Commission will manage the adherence to this rule. Everyone must comply with their instructions.
- Equipment checks will not be done. It is up to the Head Coach to ensure strict adherence to all USRowing Safety Rules including but not limited to the proper use of Heel Ties, Bowballs, and safe egress for Coxswains.

Ergometers

- Teams may set up their own ergometers provided they adhere to sufficient distancing guidelines and disinfection protocols.

Other Notes:

- Participants are urged to bring their own drinking water from off-site.
- Participants are responsible for providing his/her own PPE.
- Taking meals on site is discouraged. Athlete eating and drinking related to sport performance is permitted. However, it is recommended that extra measures are taken when removing masks to ensure sufficient social distancing from other participants.

Competition Area

Launches

- Disinfectant wipes will be located in all launches.
- Occupants of the boat should be no more than a driver and referee with the following exceptions:
 - in the case of the fairness committee which may transport Chief Referee, and Regatta Director
 - Transporting the start personnel (Referees, boat holders and Volunteers) to the start area.
- Wearing a mask is mandatory for all motorboat drivers.
- Wearing a mask is mandatory for the Umpire as well. He/she/they may remove the mouth/nose protection while following a race to enhance communication and audibility.
- The driver is responsible for disinfecting the steering wheel and the gear lever upon shift start and completion.

Starter's Area

- The starter's area will have disinfectant wipes available.
- The starting system will be disinfected by the starter prior to and following each change of shift.
- All people in the starting area will wear masks. The starter may remove his/her/their mask for the actual starting process.
- Only the Starter and Assistant Starter will be permitted in the Start Tower

Boat Holders:

- The boat holders will be transported to the start area by launch to ensure proper social distancing.
- The boat holders will maintain social distancing while on the start dock.
- Masks are mandatory for all boat holders.

Aligner's Station:

- The Judge at the Start and the Aligner must adhere to the minimum distance regulations within the aligning station.
- Masks are mandatory for all people in the aligner's station.

Timing:

- All members of the timing team will be masked and maintain social distance while in position.
- Face masks will be worn in the finish tower at all times.
- Any contactable timing devices will be sanitized between uses by differing team members.

Medals

- There will be no medal award ceremonies.
- Medals will only be distributed to Coaches at the Marina building. Coaches are asked to pick up the medals in person and then distribute the medals at the team boat trailer or another time after the regatta.

Social Celebrations/gatherings

- There will be no social gatherings at the venue. Participants should refrain from all person-to-person contact including handshakes, "high five", fist bumps, etc.

Participants Who Have Received A COVID Vaccine

- All participants in the 2021 MLS are required to wear masks and follow social distancing requirements regardless of vaccination status.

Media Inquiries Regarding COVID-19

- The PNRA staff will work with the medical team to provide any relevant information regarding COVID-19-related procedures or questions. All inquiries should be directed to Kristopher Grudt, Executive Director, Dr. Wenger, Chief Medical Officer, or Hilary Gehman, PNRA Regatta Director. All official communications regarding the PNRA related to COVID-19 will come from the PNRA's official communications channels and/or PNRA staff.