CAPITAL CITY ROWING VARSITY ATTENDANCE POLICY

Practice schedules are established by the coaching staff and posted on the website calendar. Any changes to the published practice schedule will be announced by the coach. Rowers/coxswains are required to attend all team practices and regattas. Rowers should be proactive in obtaining a ride to practice. CCR is not responsible for transporting rowers to practice but will facilitate the organization of carpools to get rowers from school to practice.

Missed practices are missed training opportunities and unlike missed homework assignments that can be turned in for partial credit or procrastinated study time; training time cannot be recouped. The training schedule is optimized for athlete growth. Moving a workout from one week to the next will often overload the athlete for that week; therefore, practice is rarely canceled. Lightning or high winds may keep the team off the water; but unless instructed otherwise, water and land practices will remain as scheduled. Rowing inherently demands a large commitment of time and energy in order to compete. Rowers need to effectively manage their time to balance academic requirements and team commitment.

We realize that rowing is not the only thing in your child's life. Injuries, illnesses, and some unavoidable circumstances will prevent attendance from time to time; however, we do expect that a good faith effort is made to attend all regularly scheduled practices. As such all rowers will be allotted two (2) free absences per semester for any reason, which do not fall into the excused/unexcused categories below (no-call no-shows are never acceptable outside of emergencies). Do not use these absences lightly as an absence often means that the entire squad is impacted. These two (2) free absences may not be used during spring break. Even excused absences may inherently affect regatta lineups due to lost training time.

Coaches will assign rowers mandatory OYO (on your own) workouts for any non-illness/injury related absences. Failure to complete the assigned OYO workouts may result in an excused absence becoming unexcused.

**Unexcused Absences:**

The coaches must be informed in advance of absences related to family trips, appointments, etc. Any absence that is not properly communicated to the coach will be considered unexcused. Unexcused absences will likely result in the rower being removed from their lineup or even missing a race. If a rower accumulates three (3) or more unexcused absences in a semester a coach-parent meeting will be called and that rower’s racing privileges will be suspended, until he/she demonstrates the attendance required for team success.

**Excused Absences:**

* Isolation or quarantine due to covid-19 as covered under the covid-19 protocols.
* Illness. Unless unexpected emergency circumstances exist that don’t allow prior communication, athletes are required to call their coach before practice if missing a practice due to illness. If an athlete misses three (3) or more practices due to illness, a doctor's note will be required clearing them to return to practice.
* Appointments. Requires notice of more than one (1) week. Except for urgent appointments based on unexpected injury/illness, absences due to appointments with less than one (1) week's notice will be considered unexcused.
* ACT/SAT Testing. See ACT/SAT page attached. Requires notice of more than one (1) week. Absences due to testing with less than one (1) week's notice will be considered unexcused.
* Coach’s Discretion. Any other absences require two (2) weeks’ notice and will be excused at the coach’s discretion.

**Spring Break: March 14th-18th**

Spring break training is crucial to the success of the team, as it leads up to FSRA North Florida Districts. CCR has traditionally conducted mandatory 2-a-day practices during the Monday - Thursday of spring break. High School **rowers will be barred from one race for every missed practice during spring break**. Vacations/trips will not be considered excused for spring break regardless of notice.

It is imperative all rowers are picked up at the end of practice, without delay. CCR is not responsible for supervising rowers who arrive on practice grounds more than 15 minutes before practice and/or CCR-sponsored activities are scheduled to begin; or for rowers remaining on practice grounds more than 15 minutes after a practice, race, or other CCR-sponsored activity ends. Parents or guardians should not rely on CCR Coaches or other parents to provide supervision for their child outside of practice and event schedules. Failure to adhere to appropriate pick-up times may lead to added fees required to cover personnel costs and suspension of a rower’s membership status.

If you have any questions, please don’t hesitate to reach out to your coach/your child’s coach.

PLEASE COMPLETION THE PORTION BELOW:

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(insert rower’s name), have read the CCR Varsity Attendance Policy for the 2021-2022 season, including a review of the COVID-19 Protocols and ACT/SAT scheduling information attached, and I understand that I will be held accountable for all contents.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Rower’s Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature Date

Covid-19 Quarantine Protocols as of 8/29/21

CCR is dedicated to providing the safest team sport experience reasonably possible, limiting/eliminating close contact activities to the extent practicable.  Being outdoors in moving air, rowing is one of the safest team sports in present times. CCR defers to the Leon County Schools Covid-19 protocols, based on current CDC guidance. These protocols are subject to change as updated CDC guidance becomes available.

**If a rower has symptoms of any contagious illness, he/she should stay home from practice.**

**Leon County School Guidelines**

**(**[**https://www.leonschools.net/Quarantine**](https://www.leonschools.net/Quarantine)**)**

After *close contact* (defined below).

* If **FULLY** vaccinated, or tested positive for COVID-19 within the last 90 days
  + If the student is **ASYMPTOMATIC** **,** NO ACTION IS REQUIRED
  + If the student is **SYMPTOMATIC** **,** SENT HOMEand advised to see physician.
* If Student tests **Positive** - Quarantine for **10 days**, return on day 11 if asymptomatic and fever free **48 hours** *w/o medication*
* If **NOT** fully vaccinated, **EITHER**
  + Quarantine **7** days from date of last exposure, return on Day **8** if asymptomatic and fever free for **48 hours** w/o medication.  
    OR
  + Quarantine **4** days, test on day **5** and return if authorized test (*showing student’s name*) is negative, student is asymptomatic and fever free for **48 hours** w/o medication. ***At-home COVID-19 test results and antibody test results will not be accepted.***

**CDC Guidance**

**(**[**https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html**](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)**)**

Quarantine if you have been in [close contact](https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact) (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been [fully vaccinated](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html). People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html). However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don’t have symptoms and wear a mask indoors in public for 14 days following known exposure or until their test result is negative.

ACT/SAT Testing

ACT/SAT Testing will conflict with weekend practice and some regattas. While testing is an excused absence some weekends will have less effect on the team than others and we ask that you take this into account when signing up for tests.

SAT Dates:

**October 2:** No major conflicts.

**November 6:** Head of The Hooch

**December 4:** Avoid if possible. Talquin Practice the weekend before Fall Sprints.

**March 12:** No major conflicts (First Saturday of spring break).

**May 7:** TBD (Youth Regional/National regatta dates still not announced)

**June 4:** TBD (Youth Regional/National regatta dates still not announced)

ACT Dates:

**September 11:** No major conflicts.

**October 23:** Gator Head Regatta

**December 11:** Fall Sprints

**February 12:** No major conflicts.

**April 2:** FSRA N. FL. Districts

**June 11:** TBD (Youth Regional/National regatta dates still not announced)

**July 16:** No major conflicts