

This document is intended to provide step by step guidance to coaches and club members for how sessions at the club are run. This version specifically describes how the club will implement the procedures outlined in the Deep Cove Rowing Club COVID Safety Plan document. It will be updated to reflect any changes in that document.

When designing this document, we have acted with an abundance of caution. If any procedures are not practical, or you can see safe alternatives that may speed the procedures up, please notify your coaches and they will in turn pass this information to the COVID committee. We also recognize we are learning by doing something we haven't done before, feedback is welcome.

1. Stay Home if You Are Sick –

Members are responsible for watching for symptoms of COVID-19. These include, but are not limited to, cough, fever, shortness of breath, sore throat, stuffy nose, loss of sense of smell, headache and/or fatigue. (See <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms> for complete list.) Symptoms can range from very mild to severe. If you think the symptoms are related to allergies, take an antihistamine to see if the symptoms go away. If not, we recommend you assume you have COVID-19.

If you are sick, inform your coach. And if you are sick and have family members who row with DCRC, or there are members of a boat you have rowed with in the last 10 days, inform them you have symptoms. They will have to self-monitor for symptoms

Members who develop any COVID-19 related symptoms, even one, are not allowed to be on site. Members who are confirmed or suspected to have COVID-19 are to follow BCCDC guidelines on self-isolation, which at the time of the writing of this document means staying away from the boathouse for 10 days AND you have no fever AND your symptoms are going away.

Members who have been exposed to someone who is infectious with COVID-19 must self monitor for symptoms.

If you have symptoms, it is important that you call 811 or connect with your health care provider and follow their instructions.

2. Choosing a boat and oars

Athletes will preferably use the same oars each practice to reduce the number of contact points. Athletes do not need to decide which boat to use, but we ask that you sign up, so we know if you are coming.

- We will keep a sign-up list of the rowing sessions on Google Sheets. Please sign up by 10 PM the night before your row if you are doing a morning row, 2PM the day of if you are doing an evening row. There will be no drop ins.
- Place your name and preferred boat type/class (1, 2, 4) on the sheet for your day & time.

- At this point in time, coaches will be assigning crew based on overall safety.
- You can book as many time slots per week as you wish. As of May 30/2021, we no longer have a maximum number of boats or athletes per session.
- If for some reason you cannot make practice after all, that's OK. Coach will contact you to make sure you are OK if you have not already let him or her know. If you perform a self-assessment before practice and decide it's safer not to row, thank you – we appreciate that. Also, let the coach know.
- We have plenty of oars in the club, more than enough that you can usually choose to use the same oars each session. We will be recording which ones you used each time if you forget.

The URL address for the session bookings spreadsheet has previously been mailed out or can be obtained from the coaches.

3. General session procedures

- In rowing the “field of play” is defined to be the time from when you put hands on the boat to carry it to the water, time on the water, carrying the boat back to slings from the beach and to the boathouse after being washed. For people erging, field of play is while sitting on the erg, ready to row.
- Physical distances of 2 m must be maintained at all times starting from when you leave the car or bus, including the parking lots, while not in the “field of play”.
- Athletes arriving to practice should wait off of the ramp outside the boathouse doors, and must leave the area as soon as their equipment is put away.
- When there to row, wear a mask in and around the boathouse. You may take the mask off after launching and put it back on when returning to the beach.
- When erging, wear a mask in and around the boathouse, except while erging (in field of play).
- Hand sanitizer will be available at the boathouse (provided we have some in stock). Either use this sanitizer, your own sanitizer, or the public washroom sinks to wash your hands before you start practice. Frequent cleaning of hands is encouraged.
- Only three people are allowed in the boathouse at any one time (including the coach), except when moving quads in or out when the limit will be five, or as needed to carry a quad safely. For an erg session the limit will be six plus the coach. Wait for the coach to invite you in to get oars or boats or set up the ergs.
- Oars are to be placed in the oar box on the beach.
- *Only touch the equipment that you will be using.* The only exception to this is when assisting someone carrying single rowing shells or ergs.
- It will take some time for all athletes to get on the water, please be patient.
- With additional washing procedures, plan for a longer practice.

Required equipment for rowers:

- Wear clean socks that cover your ankle. Note that we are using hydrogen peroxide to sanitize the shoes. Don't wear your best socks as they may turn blonde.

- Wear at least one item of bright clothing. *This is especially important as many rowers will be in singles.* If coaches think that you will not be visible, they may not allow you to row. Black or gray are not considered a bright colour.

Personal possessions:

- Keep personal items to a minimum. Please store items in your car, take them to your boat, or leave them at home. A boot tray has been placed on the workbench at the back of the boathouse to store your keys.
- Personal items forgotten at the boathouse will be safely disposed. There is no Lost and Found during this period.
- Athletes should bring water bottles to take out on the boat with them. Please fill the water bottles at home and don't use the public taps.
- There is to be no sharing of water bottles or food between athletes.
- Personal garbage is not to be left in the boathouse, take it home or use the public garbage cans.

Bikes:

- Only one bicycle will be allowed to be store in the boathouse at once, between the oar racks. There is no room for a second bike.

Locks:

- Coaches only will lock/unlock the door to the boathouse. This is to minimize frequently touched surfaces shared between coaches and athletes.
- The boathouse door will be locked while practice is on.

4. Start of practice

Coaches (a.k.a. health screening monitor)

- Check all signed up athletes have arrived. Obtain verbal confirmation from each athlete that they have completed the health screen that day, and then write the names of all attending (including yourself) on the coach log form in the binder on the desk. This will be used as a record that each athlete and coach has confirmed they have completed the screening that day. Oars and boats used by the rowing athlete that session will also be noted, in case it is different from what was signed up for.
- If you are concerned that an attending member should not be rowing/erging, despite completing the health screen (e.g. is displaying symptoms, has been out of the country and should be self-isolating), you can request that the member leave the practice. If this happens, make a note of the incident in the log.
- On arrival unlock the boathouse door.
- Remove your coach bag, life jacket, gas if needed, keys etc. to the ramp before athletes go in the boathouse.

Athletes

- Arrive on time. With the need for health screen checks and limited access in the boathouse, it will take longer to start practice. The start of practice will not be delayed to wait for late athletes.
- Once all oars are down at the beach, slings will be set up along the road for people to set up and optionally disinfect their boats before heading off to the beach.
- We will launch in waves of 3 boats at a time.
- Those who need help getting their single to or from the water can be assisted. The coach may have to help the last person into the water. If there are larger boats, they may be launched last as they can help launch singles and get the coach onto the water earlier.
- Equipment to help with oar and boat cleaning, including boat slings, soap and buckets are to be placed on the ramp before the last person launches.
- The coach will shut and lock the door when all the boats are out of the boathouse.
- Until all athletes are on the water, rowers must stay near the end of the government dock waiting for the coach to arrive.
- Ergs are to be set up for practice with a minimum of 2-meter distance at any point in the stroke.

5. On the water

- Once all athletes are out on the water the practice will proceed as normal, with all athletes following directions from the coach.
- In the event a rower overturns their vessel the following steps may be taken as appropriate to the situation –
 - the safety boat operator can determine based on their assessment as to best options:
 - The coach should provide a floatation device to the individual in the water.
 - The rower should attempt to right the boat and self-rescue.
 - The coach can otherwise assist the rower as they deem appropriate. There is PPE in each coach bag if needed.
- If you develop symptoms while on the water, notify the coach and follow their directions, remain physically distant, wash your hands and head immediately home.

6. End of practice

At the end of the practice, athletes will get out of the water on the beach from no more than 3 boats at a time. Crew from larger boats or people comfortable carrying their singles should land first, so they can help others on the beach. While you are waiting for beach space, athletes may row between the end of the government docks at the beach for a few minutes until there is room for them to land.

Washing equipment:

- Slings will be set up alongside the road near the boathouse for washing – there is no room to physically distance on the ramps. The hose has been moved to the end of the ramp.

- When washing equipment, use soap and a bucket of fresh water. Equipment must be rinsed with the hose, then dried. After drying, frequently touched surfaces (oar locks, shoes, foot stretchers, seats, gunnels) are to be sprayed with sanitizer.
- The club has acquired some single use towels for drying. They are to be used once to dry a boat, then put in the gray bin for cleaning. Once the bin is full, the towels will be taken home and cleaned by a volunteer.
- Oar grips are to be washed with soap and water and rinsed.
- Wash your boats first and put them away, then oars as boat washing space will be at a premium.
- Equipment is to be washed, dried, then sanitised at the end of each practice.
 - Athlete equipment: hulls, decks, shoes, tracks, seats, oar grips, oar shafts, stretchers.
 - Boathouse locks, light switch, door handle, door latches, movable boat racks if moved and point of sale terminal. Enter date/time and initials in cleaning log.

The washing and sanitizing of some equipment will be less effective than others, so special attention must be paid to hand hygiene before and after touching these surfaces. This includes stretchers, boat racks, hose faucets, ropes, hoses. Wash your hands or sanitize after washup.

- Each set of athletes takes their equipment back to the boathouse in the same way it was brought down.
- If an athlete is the last to use a bucket and sponge, the bucket should be emptied in the public washroom shower and the sponge squeezed and left to dry in a dry bucket.
- The last athlete(s) will put away the stretchers.

Cleaning Ergs after use:

- Erg handles and seats are to be sanitized after each practice.

Acknowledgement of Risk

The Deep Cove Rowing Club has put together a set of guidelines based on guidance from governments and the provincial and federal rowing sport organizations. We are following their suggested practices as a way to reduce the risk of contracting COVID-19. However, in spite of our best efforts, there is increased risk if you participate in rowing programs at this time. It is the individual's decision whether that risk is acceptable.

It is important to note that our procedures document is our best interpretation of the available guidance. It is subordinate to orders and guidance of the Provincial Health Officer. In the event of an ambiguity or conflict between the guidelines and the Public Health Act, regulations or orders thereunder, the Act, regulations and orders prevail.

By signing this page, the athlete acknowledges that he/she:

- has read the document,
- will comply with the guidelines listed to the best of their ability,
- accepts the increased of exposure to COVID-19 during their participation in rowing programs,
- and will abide with any guidance or orders issued by the Provincial Health Officer.

Any rower not following the guidelines in the DCRC COVID Safety Plan, or this document, will have their rowing privileges suspended.

Printed Name

Signature

Date