

FLCRC COVID-19 Response Protocol

The following steps outline the response of the Fort Langley Community Rowing Club (FLCRC) to ensure a safe return to rowing. This encompasses pre-return and return guidelines, and the protocol for how a rowing session will proceed while effectively mitigating the risks that might be associated with it. This involves minimizing individuals' physical interactions with the facility, equipment, and other individuals. Other considerations relating to member health status and safety are also addressed.

Club Knowledge

- Medical lead, Heather Readman, is responsible for understanding the risks associated with COVID-19 including transmission routes and best practices for limiting the spread.
- Information regarding Covid-19 developments will be shared with club members and staff using email updates
- high-risk areas include docks where club members will launch from. These areas will be restricted to user groups only

Club Policies, Procedures and Regulations

- Covid-19 response policies will be posted on FLCRC website
- The safety policy will be communicated in-person and via email to staff and members
- Staff (coaches, administrators) understand the necessary safety procedures and will cooperate with and enforce these policies
- Communications Lead: Chris Gulka in charge of communicating with relevant authorities
- Operations Lead: Seb Gulka: primary contact for daily practice operations
- non-compliance with the rules regarding social distancing, sanitation or other Covid-19 measures will result in the individual not being allowed to participate in the practice

Club Awareness and Public Health

- Medical lead will keep up with guidelines as stated by governing bodies of Rowing BC & Rowing Canada, as well as health-related news (CDC, Health Canada, Fraser Health)
- Members will be notified via club email of any significant developments, such as those that influence the status of current practices

Club COVID-19 Health Monitoring

- High-risk individuals include those who fit the following categories (as per BCCDC):
 - Diabetes
 - Heart/cardiovascular disease
 - Over 65
 - Immunocompromised
 - Lung disease
 - Cancer
 - Other chronic health conditions

-Individuals who are high-risk will be informed of the risks, as will all members via email prior to return.

-Members will self-assess for Covid-19 symptoms and only return if they are symptom-free

-(see <https://bc.thrive.health/covid19/en> for self-assessment)

-at-risk individuals may be allowed to train at separate times

-Individuals will be directed to the proper authorities for information on self-isolation (such as BCCDC.ca) via email

-individuals will also have their health status determined in-person when attending practice through answering the following health-related questions:

1. Do you have new or worsening symptoms (cough, shortness of breath, sore throat, runny nose, congestion, hoarse voice, difficulty swallowing, smell/taste disorder, nausea/vomiting, diarrhea, abdominal pain, unexplained fatigue/malaise, chills, headache)
2. Have you travelled outside Canada in the last 14 days or had close contact with someone who has?
3. Do you have a fever?
4. Have you had close contact with anyone with a respiratory illness or probable case of COVID-19?

-Health information and attendance will be recorded on paper in an agenda

Club COVID-19 Operational Considerations

-Only user groups will have access to the dock (BCS members; FLCRC, FLYRS, Fort Langley Canoe/Kayak) via key

-Participation will be limited to six (6) members per practice, plus a coach

-Attendees will be limited to rowing singles unless they live together. People who live together may row crew boats together

-Members who use the same boathouse will coordinate staggered arrival times of no less than half an hour

Practice Flow

-An online spreadsheet will be created to allow members to sign up for oars and boats; this will also serve as a record of attendance for each session

-Coach will arrive to facility early to unlock it, and take oars out (washing hands prior)

-Members will deposit plastic-bagged small personal items (keys, wallets etc.) into a collecting bin inside the boathouse. This will be stored in the boathouse in a secure location during practice

-Members will take boats down to dock, set up oars in boat, and launch

-Boats will be washed once athletes return to dock (see "Rowing and Safety Equipment" for more detail)

-Coach-boat handle will be disinfected after each session by the coach

-Practices will be spaced two hours apart, which allows for rowers to dock and wash boats before other groups arrive

- Signage will be posted at boathouse with instructions for individuals on how to approach COVID-19 policies
- Club practices will run following a posted schedule, however no learn-to-rows will be conducted until further notice
- Club coaches and administration will discuss appropriate safety measures and distribute this information to club members via email
- Private single owners will be allowed to row during normal club times, in line with normal COVID-19 measures (6-person limit, proper social distancing and sanitation)
- Members will bring their own filled water bottles prior to practice

Multuser Group and Public Access

- Other user groups will be contacted, and staggered/offset arrival/practice times of at least 30 minutes will be arranged so that different user groups are not on the dock at the same time

Physical Spaces

- members will only enter the
- boathouse has a flow-through design, with chain-link walls, and boathouse use will be limited to members who need to use boats stored within; members will not congregate inside
- members will arrive on the dock to deposit personal items, take boats down to dock, and launch; they will not wait or gather for practices
- the indoor training facility will not be used
- the coaches will have access to a separate gas-shed to be used and sanitized by the coaches after each use
- any objects that are touched by an individual (door handle to boathouse) will be sanitized. No other surfaces require members to touch them
- facility/other cleaning by FLCRC will be recorded on paper
- Signage will be posted at boathouse with instructions for individuals on how to approach COVID-19 policies (eg. proper social distancing and avoiding loitering)

Hand Washing and Hygiene

- Hand-washing station will be present at the entrance to the club
- Members will be instructed to practice frequent hand-washing if a surface/object that is in frequent contact is touched (door handles, nozzles etc.)
- Public washrooms are available nearby for use by members. If used, members must properly sanitize/handwash prior to returning to the dock
- running water may be used for washing boats on-dock, however, the nozzle will be washed after being touched by an individual
- Soiled materials will be kept in a sealed bin and disposed of off-site by coaches

Rowing and Safety Equipment

- a sign-up sheet will allow members to record what equipment they use

-Boats will be washed once athletes return to dock

-Individuals will be instructed on how/what to wash on their boats

- Rubbing alcohol spray for foot stretchers
- Soap & water for oarlocks, seats, riggers, and oar handles
- Water obtained from river or via hose (washing nozzle between uses)
- Boats will be washed at least 6 feet apart from each other
- Coach boat will be disinfected after each use by the coach (handle, seat, gas nozzle)
- Individuals will be responsible for cleaning the boat that they used
- Items left to air dry

-as member attendance will be recorded, individuals who have attended practices together for at least 14 days will be allowed to row in doubles or pairs, in accordance with the Provincial Restart Plan

COVID-19 Response Plan and Communications

- other user groups of the dock, who are members of the Bedford Channel Society (BCS), including FLCRC, FLYRS (Fort Langley Community Rowing Club), FLCC (Fort Langley Canoe and Kayak Club) will be notified of the intended return to rowing of FLCRC prior to the return

-If a suspected case arises at the FLCRC, an email will be sent out to club members, and the BCS will be notified, allowing other user groups to also be notified.

-Members that are feel unwell will be advised to not attend practice

Approvals and Publishing

-The clubs board of directors has seen and approved the plan to reopen

-Safety plan will be posted online at on the FLCRC website