

## **FLCRC COVID-19 Return to Rowing: Members Protocol**

### **Pre-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)
- Individuals should decide prior to attending a session if they are able to safely return
- Individuals with high-risk medical conditions and/or jobs may contact club administration to determine the best course of action for their return
  - These individuals may arrive separately from other club members
  - High-risk individuals include those:
    - Diabetes
    - Heart/cardiovascular disease
    - Over 65
    - Immunocompromised
    - Lung disease
    - Diabetes

### **Return Guidelines**

- Currently, group size will be limited to 6 athletes and one coach
- Coach will keep up with guidelines as stated by governing bodies of Rowing BC & Rowing Canada, as well as health-related news
- Members will be notified via club email of any significant developments, such as those that influence the status of current practices
- Individuals will be made aware of the risks, and notified of potential club cases via club email
- If necessary, individuals will be directed to the proper authorities on self-isolation (such as BCCDC.ca) via email
- Individuals can report potential cases by directly emailing the club, notifying the coach and other administrators

### **Facility Measures**

- Maintain proper social distancing (at least 2m) while on the dock
- Facility will be limited to user groups only, and different groups will be separated by at least 30 minutes (eg. if one group arrives and launches at 6:30, no other groups would arrive before 7:00)
- A boathouse schedule will be available, so if members need to return to dock early, consultation with the schedule before launching will inform members when they may return to dock
- Boathouse access will be limited to getting boats and depositing personal items
- Boats thoroughly washed in between individual uses *\*see Practice Flow*
- Any surfaces that are touched, such as door handles and gates will be disinfected after use

-Public washrooms are available for use. These are cleaned daily, and members need to wash hands after using

### **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 arrive and must wait outside the boathouse

-A handwashing station will be set up by the boathouse entrance for members to use before practice

-Members will be asked several health-status questions to assess health. Responses will be recorded on paper

-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; time on the dock will be minimized. Initially, members will be limited to singles unless they live together, in which case a double may be rowed by those individuals

-Boats will be washed once athletes return to dock

- Rubbing alcohol spray for foot stretchers
- Soap & water for oarlocks, seats, riggers, and oar handles
- Items left to air dry

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

-Members will have individual towels (to be laundered by the individual) that will be kept separate from other members belongings, for personal use

### **Other**

-If using hose nozzle, it will be disinfected after each individual touches it

-Garbage will be in sealed containers and disposed of off-site by coaches

-Individuals will not be permitted to row if they exhibit one or more COVID-19 symptoms

-In the event that a rower flips, they will first be instructed to manually attempt to get back in the boat. If this cannot be achieved, the coach may approach the rower and boat, and allow the rower to climb into the coach boat while both the coach and athlete maintain as close to a 2m distance as possible

-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