

Fort Langley Community Rowing Club – Return To Play

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 all guidelines, and the protocols 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.

This plan will be reviewed from time-to-time to consider its effectiveness and suitability.

Club Knowledge

- Medical lead, Janine Fleming, is responsible for understanding the risks associated with COVID-19 including transmission routes and best practices (according to PHO) for limiting the spread. However, FLCRC cannot be responsible for unknown risks
- Information regarding Covid-19 developments and protocol updates will be shared with club members and staff (coaches, administrators) using email updates
- High-risk areas including the dock and boathouses will be restricted to user groups only, with minimal access wherever possible. Physical distancing, masks, and hand sanitizing will be expected from all members at all times; with the understanding that masks are optional only when a rower is in the rowing shell (field of play).

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 understand the necessary safety procedures and will cooperate with and enforce these policies
- Communications Lead: Laurel Glanfield is in charge of communicating with relevant authorities and all staff and members
- Operations Lead: Chris Gulka is the primary contact for daily practice operations
- Any non-compliance with the rules regarding social distancing, sanitation or other Covid-19 measures will result in the individual not being allowed to participate

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):
 - o Diabetes
 - o Heart/cardiovascular disease

- Over 65
 - Immunocompromised
 - Lung disease
 - Cancer
 - Other chronic health conditions
- Individuals who self-identify as high-risk will be informed of the additional risk, as will all members via email
 - At-risk individuals may be encouraged to train at separate times or with increased precautions
 - Members will self-assess for Covid-19 symptoms and only participate if they are symptom-free and satisfy the COVID safety questions (see <https://www.ccohs.ca/images/products/pandemiccovid19/pdf/covid-screen-tool.pdf> for self-assessment). If it is required, they will be directed to the proper authorities for information on self-isolation (such as BCCDC.ca) via email
 - Individuals will 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 (new or worsening cough, shortness of breath or difficulty breathing, temperature equal to or over 38°C, feeling feverish, chills, fatigue or weakness, muscle or body aches, new loss of smell or taste, headache, gastrointestinal symptoms--abdominal pain, diarrhea, vomiting, or feeling very unwell)
 2. Have you had contact with any person with, or under investigation for, COVID-19 in the last 14 days?
 3. Have you or anyone from your immediate household travelled outside of Canada in the past 14 days? or had close contact with someone who has?
 3. Do you have a fever?
 4. In the past 14 days, have you been required to quarantine or isolate by a public health authority?
 5. In the past 14 days, have you received a positive COVID-19 test? or are you awaiting the results of a COVID-19 test?
 - Attendance will be recorded in an online sign up sheet prior to practices. In addition, health information and attendance will be recorded for each session on paper by the session coach in an agenda notebook.
 - It is understood by the club that the information recorded is considered private and will be stored securely. This information will only be used for screening purposes and to support contact tracing efforts if required by the local public health authority.

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 a total of ten (10) participants per session = nine (9) members + one (1) coach. (This number is subject to change in accordance with current PHO).
- Attendees will be limited to rowing singles unless they live together. Only people who share a household may row crew boats together.

- FLCRC will coordinate staggered arrival/departure times with other clubs using the dock and boathouses in order to mitigate contact between clubs

Practice Flow

- An online spreadsheet will require members to sign up for oars and boats; this will also serve as a record of attendance for each session
 - All members and coach will sanitize hands, wear masks, and maintain physical distancing of 3m at minimum during all sessions
 - Coach will arrive at the facility early to unlock and prepare equipment
 - 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 move boats down to dock, set up oars in boat, and launch
 - Upon return to the dock, all high-touch surfaces will be washed and rinsed before putting them away (see "Rowing and Safety Equipment" for more detail)
 - Coach-boat handle will be disinfected after each session by the coach
 - Practices will be spaced, 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 protocols
 - Club practices will run following a posted schedule, however learn-to-row sessions will be on hold until COVID restrictions allow
 - Club coaches and administration will discuss appropriate safety measures and distribute this information to club members via email

Multiuser 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 follow taped areas and arrows on the dock and in the boathouse. The boathouse has a flow-through design, allowing for air flow through chain-link walls; even so, access to the boathouse will be limited. Only members who need to retrieve or put away equipment will be granted access. Members will not congregate inside
- Members will arrive on the dock to deposit personal items, take boats down to the dock, and launch; they will not wait or gather for practices
- Indoor training facilities will not be used
- Only coaches will have access to a separate gas-shed to be used and sanitized by the coaches after each use
- All high-touch common surfaces (including equipment, door handles, etc.) will be sanitized. No other surfaces require members to touch them
- Verbal, emailed, and posted reminders will notify members of any changes to current COVID protocols

Hand Washing, Masks, and Hygiene

- All members (including the coach) will be required to wear an appropriate face covering (in keeping with current PHO guidelines) while outside the field of play (in the rowing shell). Members will be required to keep their face-covering with them for the duration of the practice whether in or out of the field of play.
- Hand-sanitizing station will be present at the entrance to the boathouse
- Members will be instructed to practice frequent hand-washing (especially after making contact with door handles, nozzles, or other high touch common surfaces etc.)
- Public washrooms are available nearby for use by members. If used, members must properly sanitize/hand-wash 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 removed by each member being responsible for their own cleaning materials and removed by each member to an off site location of their choice for disposal or cleaning

Rowing and Safety Equipment

- Online sign-up sheet will allow members to record what equipment they use
- Boats and oars will be washed once athletes return to dock
- Individuals will be instructed on how to wash/sanitize on their equipment
 - 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 allowing 3m distance between participants
 - 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
- Member attendance will be recorded

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 if a suspected or confirmed COVID case arises at the FLCRC. BCS will be notified by email/phone, allowing other user groups to also be notified as soon as possible
- Members that are feel unwell will not be able to attend practice

Approvals and Publishing

- The club's board of directors has seen and approved this plan
- This safety plan will be posted online at on the FLCRC website