



St. Catharines Rowing Club Protocols for the Return to Rowing under the Stage 1 Relaxing of COVID-19 Restrictions

An Important Message from the St. Catharines Rowing Club (SCRC) Board of Directors

These exceptional times of COVID-19 require that the SCRC implement exceptional measures, and its members show exceptional discipline to ensure that we all stay healthy and still have a great rowing season.

In a spirit of optimism and trust in our community, SCRC has developed the protocols (below) to ensure that all who come to the Club maintain appropriate physical distancing and sanitation measures. The more robust the measures we implement, the more we can protect the safety of ourselves and those around us. We all must truly work together for ensuring the health and safety of all of us and our families and to be able to enjoy our summer activities. Please read this document carefully.

Our passion to be on the water must be tempered by our sense of community. We are all in this together and our priority must be focused on all of us coming through these unusual times healthy and safe

As the situation evolves, we will continue to evolve and change as we learn more and see our efforts in action. If you have constructive suggestions to assist the club, please communicate with a member of the Board and we will seriously consider them.

I wish you all good health and the best rowing season we can have!

Rick Crooker
President
St. Catharines Rowing Club

Note: The protocols herein are subject to change, based on directives from the Government of Ontario or the Niagara Region Department of Public Health, or guidance from Rowing Canada Aviron or Row Ontario.

ATHLETES

SCREENING PROTOCOL

Applicable on or before your **first** visit to the boathouse:

- Have you completed and handed in your RCA membership waiver?
- Have you completed and handed in the club's athlete Concussion Code of Conduct?
- Have you submitted your 2020 club membership fee by e-transfer?
- If applicable, have you submitted your 2020 single storage fee?

Applicable for **every visit** to the boathouse:

- Are you showing/feeling any COVID-19 symptoms? **YES / NO**
- Have you been exposed to anyone showing/feeling any COVID-19 symptoms? **YES / NO**
- Have you completed the on-line self-assessment today? **YES / NO**

You are required to complete it **each day before** you leave your house to come to the boathouse.

- o <https://covid-19.ontario.ca/self-assessment/>

If you answer “yes” to the first two questions or if you fail to complete the assessment you are not welcome at the boathouse.

Athlete's Kit

Mask

Masks are recommended for all participants at the club especially if physical distancing (2 metres) cannot be observed. Masks should be worn on land and can be removed while you are on the water.

Large Ziploc Bag

This ziplock bag is for holding snacks, bottled water, hand sanitizer, gloves, and any trash you have with you in the boat.

String Bag

This string bag is for carrying your shoes etc. to keep in the boat with you?

Boat Cleaning Equipment

You will need a bucket, soap, sponge, towel for cleaning your boat after every practice. These can be appropriately stowed where you can access them safely without getting too close to other athletes.

Tools

Do you have tools to make your own rigging adjustments, if needed? The workshop will not be available for borrowing tools.

☐ Full Water Bottle

There is no available water fountain at this time; bring your water from home.

Please note: During Stage 1 the change rooms and shower facilities will not be accessible and only portable toilets will be available.

*****SHOWING UP AT THE BOATHOUSE CONFIRMS YOU HAVE FULFILLED ALL OF THE ABOVE REQUIREMENTS.*****

A VOLUNTEER WILL LOG YOU IN EACH DAY.

THERE WILL BE AN APPROPRIATE NUMBER OF COACH BOATS ON THE WATER BASED ON THE NUMBER OF ATHLETES ON THE WATER. IF THERE ARE NOT AVAILABLE COACHES/SAFETY BOATS AT THE TIME OF YOUR PRACTICE, YOUR PRACTICE WILL NOT TAKE PLACE.

TRAINING PROTOCOL:

1. Arrive on site at your designated start time and wash your hands.
2. When moving around the boathouse stay to the right; on dock and ramp – follow the arrows and keep to the right. Wear a mask for safety when moving around the compound, especially when physical distancing is not possible.
3. Remain at least 2 meters apart at all times, with EVERYTHING you do.
4. Begin your warm-up. (Ergometers are not available.)
5. Only when you are 100% ready to go, bring your oars to the dock.
6. After your oars are on the dock, immediately get your boat, launch and shove off.
Shoes cannot be left on the dock.
7. After returning to the dock, remove all equipment from the dock before washing your boat.
8. Boats are to be cleaned on stretchers provided in the compound. A clothes peg indicates that the boat has been cleaned. Specific instructions about cleaning boats/oars will be provided on-site.
9. Please be in your car and driving off the island before the next shift is to arrive. Your two-hour time slot includes your arrival time and departure time. There is no time or space for socializing. The risk is not worth it.

*****A FAILURE TO COMPLY WITH ANY OF THE ABOVE MAY RESULT IN BEING BARRED FROM ACCESS TO THE BOATHOUSE OR YOUR EXCLUSION FROM PARTICIPATING IN FUTURE ROWING*****



COACHES AND VOLUNTEERS

SCREENING PROTOCOL

Applicable for your **first** visit to the boathouse:

- Have you completed and handed in your RCA membership waiver?
- Have you completed and handed in the club's coach Concussion Code of Conduct?

Applicable for **every visit** to the boathouse:

- Are you showing/feeling any COVID-19 symptoms?
- Have you been exposed to anyone showing/feeling any COVID-19 symptoms?
- Have you completed the online self-assessment today?
 - <https://covid-19.ontario.ca/self-assessment/>

If you answer “yes” to the first two questions or if you fail to complete the daily assessment you are not welcome at the boathouse.

Coaches Kit

- Ziploc Bag**
Do you have a large ziplock bag for carrying in your coach boat for snacks and any trash, hand sanitizer, gloves?
- Mask**
Do you have a mask? Masks are recommended for all participants at the club especially if physical distancing (2 metres) cannot be observed. Masks should be worn on land and can be removed while you are on the water.
- Megaphone**
Coaches must use their own megaphone. These should be sanitized daily, after each session.

Please note: The club's electronic training equipment e.g., NK, will not be distributed during this phase. Rowers must use their own stroke coach.

Please note: During Stage 1 the change rooms and shower facilities will not be accessible and only portable toilets will be available in this stage.

TRAINING PROTOCOL

1. There are to be no pre or post row meetings in the compound – only to be held virtually.
2. Arrive on site, wash your hands, remain 2 metres apart and find your coach boat.
3. [Need statement here about access to fuel/motor shed.]
4. There are to be no guests or co-coaches in your coach boat.
5. If you require assistance with putting in your coach boat, please do so with great care.
6. The parts room and workshop are closed, spare parts are to be acquired through Mark Welsh.
7. Once on the water, now more than ever, be mindful of your wake.
8. Do your best to not travel in packs across the waterway. Be considerate of all others on the waterway. Be mindful of the experience levels of other users of the waterway.
9. Sanitize your safety boat, motor and rope/clip at the end of your shift.
10. Wash your hands.
11. Please be in your car driving off island before the next shift is to arrive. There is no time or space for socializing. The risk is not worth it.

***** A FAILURE TO COMPLY WITH ANY OF THE ABOVE MAY RESULT IN BEING BARRED FROM ACCESS TO THE BOATHOUSE OR YOUR EXCLUSION FROM PARTICIPATING IN FUTURE ROWING *****

Approved by the Board of Directors

May 28, 2020

To be reviewed after an announcement by the provincial government about Stage 2.