

Adult/Masters Rowing

COVID RESTRICTIONS

Update: February, 2021

Washing and sanitizing continues.

Only singles and household doubles are allowed to row at this time. Note: our club interprets "household" as the "Core Bubble" as defined in the provincial health order. See: <https://bit.ly/2Mw8wJC>

Expanded bubble double partners and quads are not permitted.

We are now allowed **4 people on the upper deck**.

(Up from 3 For example: 3 rowers and 1 coach).

Physical distancing requirements are that we maintain a 3m distance between each other. (Up from 2m)

Masks to be worn at all times when on shore.

Rowers must arrive at the dock one at a time. 2 to 3 minutes apart as scheduled by the coach. This schedule will be post the previous evening so that everyone knows the time they are expected at the boathouse.

No congregating before or after rowing, all athletes we MUST follow RBC and the PHO in this matter!

Adult sport such as rowing does not carry a large degree of risk in itself. **The PHO has restricted adult sport activities largely because the risky behaviour is happening before and /or after the activity.** The PHO recognizes that local sport organizations cannot be held responsible for what adults do outside of the activity. Therefore, **Rowing BC states that there should be absolutely no congregating before or after rowing.**

STEPS TO GETTING ON THE WATER:

1. As you approach the boathouse, wait for the coach will call you to take your oars down to the dock and then to take your single down to the dock.
2. If you need time to adjust your feet, move your boat to the last pair to stretchers on the upper dock.
3. The next person then proceeds to take their oars and boat down to the dock as directed by the coach. This continues until all rowers are on the water.
4. More than one boat can be on the dock at one time as our dock is very long and can handle up to 4 boats.
5. If a household double is rowing, they must be on the lower dock before another rower approaches the boathouse.
6. If there are 2 coaches, only one may be on the dock directing the rowers, the other must be waiting on the water.
7. On returning, 4 boats may dock but only two singles may carry their boats to the upper dock to wash and sanitize them.
8. Once one boat is washed and the rower has exited, the next rower on the dock may bring their boat to the upper deck for washing.

Diana Morris VP GNRC

February 5, 2021