



COVID-19 SAFETY PLAN V 3.2 of 2021 February 5

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Record of Changes

Approved unanimously by the GNRPC Board on 9 June, 2020 (Julian Paine, Robert Wood, Daegan Reimer, Cara Temmel, Reginald Faubert, and Fred Blue).

V 1.1

Practice Management section

- Additional details added to Arrival/launch procedure

Boat and Equipment Measures section

- Oars to be assigned to athletes

V 1.2

Practice Management / Arrival launch procedure

- Location of oars upon arrival and on launch dock

Hygiene measures

- Location of sanitizer accessible to athletes

V 1.3

Practice Management / Arrival launch procedure

- Correction of “6 metres” to “6 feet/2 metres”

V 2, 17 September 2020

Administrative measures

- Removal of “or Seniors” when referring to overlap with Masters.

Athlete Specific measures

- Removal of crew size limit
- Addition of mask requirements
- Change to access to boat bays

Practice management

- Removal of athlete limits at practice
- Change Training Groups to Practice Groups
- Removal of requirement to remain in numbered boxes on launch dock.

Boat and Equipment measures

- Addition of cleaning requirements when athletes enter boat bay

Sport Cohort Training section added

V 2 approved by the GNRPC Board on 17 September, 2020 (Frank Rudge, Diana Morris, Louise Gardener, Robert Wood, Daegan Reimer, Reginald Faubert and Olivia Bancroft).



V 3, 1 January 2021, Approved by the GNRPC Board on 4 January 2021 (Patrick Couchman, Diana Morris, Dave Kettlewell, Irene Allen, Lisa Clark, Carol Cooper, Reg Faubert, and Olivia Bancroft)

Title

- Renamed from Covid-19 Reopen Plan to Covid-19 Safety Plan, to reflect that we are not on a phased linear path toward re-opening, and this document needs to simply document the current state of our Covid-19 safety plan.

Hygiene Measures

- Re-worded to indicate that athletes use boat washing supplies for hand washing

Athlete Specific Measures

- moved the “no rowing barefoot” clause from practice management to this section

Practice Management

- Incorporated Masters & Juniors restrictions based on the Provincial Health Order of Dec 2, 2020 and the related Rowing BC guidance

Training Groups

- all training groups are suspended

V 3.1, 7 January 2021. Minor clarifications, approved by Diana Morris VP & Covid-19 focal point
Hygiene Measures - Reworded to indicate that Athletes use hand sanitizer, not the boat supplies, for hand cleaning

Practice Management - Incorporated RBC clarification on # of rowers allowed on the upper dock at one time

V3.2 , 5 February 2021. Minor clarification, approved by Diana Morris VP & Covid-19 focal point. Practice Management - Note: our club interprets "household" as the "Core Bubble" as defined in the provincial health order. See: <https://bit.ly/2Mw8wJC>



ADMINISTRATIVE MEASURES

General

- No Club member, member of Staff or volunteer may attend GNPRC boathouse facilities or participate in a Club activity unless they are free of Covid-19 symptoms.
- All Club members, Staff and volunteers who have exhibited symptoms of Covid-19 in the last 10 days OR who were identified as a close contact of a confirmed case or outbreak of Covid-19 must self-isolate for 14 days from the day symptoms were identified or contact occurred.
- Anyone who has travelled outside Canada in the last 14 days must self-isolate for 14 days.
- Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat and new muscle aches or headache.
- Guidelines for self-isolation published by the BC Center for Disease Control MUST be followed <https://www.healthlinkbc.ca/self-isolation-and-covid-19>
- GNPRC acknowledges that a number of members are considered in the “high-risk” category for Covid-19 infection. The measures outlined in this plan are consistent with all of the mandatory requirements set out by Rowing Canada in order to help mitigate and reduce the risk of disease transmission. There will be no overlap of Masters rowers with Junior members within practice groups.

Self-Assessment

- Club members and Staff will assess themselves daily using the BC Self-Assessment Tool, to confirm that they do not have symptoms of the common cold, influenza, COVID-19, or other respiratory disease. **The results (yes or no) will be recorded and tracked by Staff.** <https://bc.thrive.health/covid19/en>
- If any person replies yes to any of the assessment criteria, that person MUST NOT return to the Club until they receive a negative Covid-19 test result, or they have self-isolated for the appropriate time.
- Prior to using boathouse facilities, Staff will ask each member to attest to the result of their self-assessment that day and to confirm that they do not have symptoms. **The answer (yes or no) will be recorded.**
- Parents, friends, siblings, and any athletes who are not scheduled to row, will not be permitted at the boathouse facilities.

ATHLETE-SPECIFIC MEASURES

- Athletes must wear a mask covering their nose and mouth any time they are not seated in a boat.
 - Athletes may remove their masks once in their boat, but must put them on prior to exiting at the end of their row.
 - Masks are to be kept in a sealed bag while in the boat.



- Athletes must arrive prepared to train. Anything they bring must be carried in the boat with them, in a sealed container (plastic bag, dry bag or similar). Athletes may now put personal items in a backpack which can be stored on the hanging rack. This includes spare clothing to be used in case of a flip. The rack will be moved into the boathouse while athletes are out rowing.
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- Athletes must not share any personal items (water, towels, cell phones etc).
- Water bottles should be filled at home and kept in a sealed container in the boat.
- Boathouse access will be strictly limited. Athletes may enter only if required in order to help the coach to remove or replace their boat on the appropriate rack. To the greatest extent possible, athletes should minimize any touching of surfaces should they be required to enter the boathouse.
 - Only the crew of one boat is permitted in each boat bay at one time. Other crews must wait until that crew has exited the boat bay prior to entering.
 - Once a boat has been put back on the rack, all surfaces athletes may have come in contact with must be sprayed with disinfectant, such as the rack, the boat above, the blocks, the boat being carried, etc.
- Athletes should pack all items brought to the Club home with them. If disposal of specific items, such as tissues or gel wrappers is required, the athlete must bring a ziplock type bag and seal the item before disposal in the lidded garbage can on site. DO NOT dispose of any non-bagged items brought from home at the Club.
- No one may row barefoot; socks are required

PRACTICE MANAGEMENT

Masters

Per the guidance from Rowing BC:

- All Adult Team practices are currently suspended
- Adult Individual rowing, in singles or household doubles (not expanded double bubbles) is permitted

Note: our club interprets "household" as the "Core Bubble" as defined in the provincial health order.

See: <https://bit.ly/2Mw8wJC>

Individual Rowing

Individual rowing, in singles or household doubles (not expanded double bubbles) is permitted, for experienced rowers who are confident in small boats, at scheduled times when a Coach launch will be on the water,

Physical distancing requirements are 3 meters. The total number of people that may be on the upper deck at one time is 4, that's 1 coach and 3 rowers (ie. 3 singles, or 1 double + 1 single). If there are 2 coaches working the session, only 1 coach may be on the upper deck or on the dock directing the rowers, the other coach must be waiting on the water.



Rowers must arrive at the boathouse one boatload (single or double) at a time, 2 to 3 minutes apart. The coach will post the schedule the previous evening so that everyone knows the specific time they are expected at the boathouse. Do not congregate in the parking lot or at the edge of the boathouse.

As you approach the boathouse, the coach will call you to take your oars down to the dock and then to take your boat down to the dock. If you need time to adjust your feet, move your boat to the last pair of stretchers on the upper deck so you are not impeding the next person's access to the rack.

The next boatload then proceeds to take their oars and boat down to the dock. This continues until all rowers are on the water. More than one boat can be docked at one time, as our dock is very long and can handle up to 4 boats.

On returning, 4 boats may dock but only 3 people (ie. 3 singles or 1 single + 1 double) may carry their boats to the upper deck to wash and sanitize them. 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, continuing to ensure only 3 rowers at a time on the upper deck.

Juniors

Per the December 2020 Provincial Health Order, Juniors Team practices continue, with the following restrictions

- Training Groups permissions are suspended
- Rowing in singles and household double/pairs is permitted
- Expanded bubble double/pair partners are not permitted
- Physical distancing requirements are now 3 meters
- Outdoor fitness training is permitted
- Athletes will be assigned weekly practice times based as much as possible on their identified preferences.
- Each athlete will be assigned a time, boat and set of oars for practice. They will use that boat and oar combination each practice whenever possible.

BOAT AND EQUIPMENT MEASURES

- ALL boats and oars are to be cleaned and disinfected between sessions (including private boats and oars).
- A set of oars will be assigned to each athlete, and unless an athlete is using their personal oars, the assigned Club oars are to be used. The appropriate oars will be available outside the boathouse prior to each practice.
- Personal oars must be clearly labelled with the athlete's name. They may be taken home by the athlete between sessions.



- Immediately after the practice session, the boat is to be placed on stretchers on the deck, separated by an appropriate distance allowing the athlete to clean/disinfect the boat while maintaining current physical distancing requirements from other people on the deck.
- The ENTIRE boat (including shoes, foot stretchers and riggers) and oars are to be washed with detergent and water with a brush and/or sponge.
- Boat and oars are then to be rinsed with running water from a hose.
- Shoes, seat, deck, oar locks and handles must then be wiped or sprayed with disinfectant.
- Each crew is to use an assigned bucket, brush and sponge to wash their boat.
- Cleaning equipment is to be rinsed post wash and stored in an accessible area on the boathouse deck.
- Boats will have a labeling system to indicate they have been cleaned and sanitized.
- Any surfaces in the boathouse that athletes may have come in contact with when getting/returning a boat must be sprayed with disinfectant (by one of the athletes who carried the boat), such as the rack, the boat above, the blocks, the boat being carried, etc.
- Athletes must advise the coach that their boat and equipment has been cleaned/disinfected prior to leaving the Club.
 - The cleaning log will be kept electronically by the coach.
- Athletes MUST use their own tools for any boat adjustments.
 - If use of Club tools cannot be avoided, a jar of sanitizer will be available so that the tool can be dipped and properly sanitized. Where the tool cannot be put in the sanitizer liquid, it should be washed and sprayed with sanitizer like any other surface.

Ergs

- In the event ergs are used for training at the Club, they shall be removed from/returned to the boathouse by the coaches.
- Ergs must be cleaned and sanitized before and after use. Athletes must advise the coach it has been done.
 - The cleaning log will be kept electronically by the coach.
- Ergs are only to be used outside, spaced **4 metres apart**, and the coach shall maintain that distance from each erg/athlete.

HYGIENE MEASURES

- Hand sanitizer is available, and should be used before touching shared surfaces or entering the boathouse.
- Hard surfaces inside the boathouse, such as countertops and the gas locker door handle, will be cleaned twice daily by coaches. This will be recorded in a cleaning log.

COACH SPECIFIC MEASURES



- Coaches will be assigned a coach boat, which will include all of the associated operating and safety equipment: gas tank, pfd, paddle, extra pfd bag, megaphone, chair, etc.
- Safety boats and their equipment will be cleaned whenever feasible and disinfected before and after use.

SPORT COHORT TRAINING

Definitions

A “cohort” is a group of participants who primarily interact with each other within the sport environment **over an extended period of time**. Using this information, Rowing BC has established a Training Group (TG) as *“up to 10 participants, not including the coach, assuming the coach maintains current physical distancing requirements at all times.”* (RBC RETURN TO SPORT GUIDELINES: Developing COVID-19 Reopening Safety Plans).

“Contact” is defined as when any 2 or more people are in close proximity (within two metres) or have actual physical contact. Rowing activities in crew boats are in close proximity while in the boat, therefore rowing is considered a “high contact” sport.

“Field of Play” is defined as athletes seated in a boat. Any time TG athletes are not in the boat, they are considered not in the “field of play” as per viaSport’s guidelines, and physical distancing and/or masks are required.

Training Group establishment

Per the December 2020 Provincial Health Order, ALL Training Groups are suspended