

NRC COVID-19 Policy and Guidelines 2021

The COVID-19 committee of the Nelson Rowing Club has been working hard to enable a safe return to rowing. Following the guidelines of the Provincial Government, Rowing Canada and Rowing BC, the NRC has set up the following rules which are in place for our and the community's safety in regards to COVID-19. It is critical that all rowers fully understand and follow the protocols laid out in this document. As in previous years, rowing may resume April 1.

Joining the NRC

To become a member of the NRC in 2021 the following steps are required:

- Fill out membership form.
- Make payment of \$280 (+ \$50 if private boat owner) to petrakromer@shaw.ca or drop off a cheque with club secretary (Petra).
- Read, understand and sign the NRC COVID-19 Policy and Guidelines.
- Fill out health questionnaire.
- Register your membership with Rowing Canada (Use the link below, pick 'regular membership 2021', log in and follow the prompts. If you run into any issues with this, please phone Syd Murdoch at RCA and he will walk you through the process.

<https://membership.rowingcanada.org/JoinProgram?id=193>

- Email or drop off printed documents with Petra (petrakromer@shaw.ca or text 250-777-2040 to set something up). If you didn't row last year, note that the boathouse locks were switched and old keys will not work anymore.
- Once all these items are in place, rowing may begin April 1. If you did not row last year, contact Petra and she'll set you up with someone who is familiar with all procedures for your first row.

Health Screenings

- Before joining the club, all rowers are required to fill out the attached health questionnaire to confirm their health status. Applicants with pre-existing health conditions may be excluded from rowing for their own safety at this time.
- Daily health self-assessments are required as well. You may use the link posted on Slack to do so. Anyone exhibiting any symptoms whatsoever is required to stay home and away from the boathouse for a period of 14 days. This also applies to anyone having come into contact with a person with COVID-19 or having travelled outside the country. The daily self-assessment will have to be completed online every time members go rowing, (before rowing, link posted on Slack). Completion of the self-assessment will have to be confirmed on the sign-in sheet at the boathouse.

Rowing Schedule

- Members are required to register online before rowing (there is a maximum of 4 people per time slot) and to stick to the rowing schedule posted on Slack. Do not show up at the boathouse if not registered online! The schedule allows for enough time between groups so that there is no overlap. Outside of the morning and evening times, members can go out rowing on their own time, but will still need to sign-in on the google docs sheet (empty slots) and make sure to avoid any overlaps with others.
- Registration for rowing can happen up to one week in advance.

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- Members who own their own boat, are allowed to row outside of these scheduled rows but are required to leave one hour at either end of the posted rowing times so that there is no overlap. (For example, if there is scheduled rowing from 8 - 10 am, the member can take their own boat out at 9 am or 11 am.)
- Private boat owners are required to complete the daily online health self-assessment and to sign-in and sign-out at the boathouse. If they wish to join one of the groups of 4, they will have to register online before rowing.
- Please allow an extra 30 minutes to complete cleaning and sanitation of your equipment.

Equipment

- During this phase of re-opening, rowing will be in singles only. The only exception to this rule is household members who are allowed to take out doubles. Please refer to the document 'NRC boat usage guidelines' to see which boats can be used this season, weight restrictions for boats and high-value boats that can only be used by experienced rowers.
- Each rowing shell has a pair of oars assigned to it. The number on your boat corresponds to the number on your oars. Please make sure to take out the oars that are matched to your boat.
- Life jackets: All rowers are encouraged to buy their own, personal pfd. If this is not possible, please contact Kim Shea and you will be assigned a club pfd for the whole season, which you will take home after each rowing session. You are required to return it at the end of the season.
- Please bring a pair of clean, ankle-length socks with you for every rowing session. Rowing barefoot is not allowed.
- Bringing an excess of personal belongings into the boathouse is not allowed. Please arrive on site with as little things as possible. Hang personal items on hooks in sign-in/oar area.
- If you arrive at the club by bicycle it must be left outside of the boathouse during the rowing session.

Cleaning & Sanitizing Protocol

- At a minimum, hands have to be sanitized upon arrival at the boathouse, before and after cleaning equipment and when leaving the boathouse. To do so, the boathouse is equipped with a 5-gallon water tank, hand soap, paper towels and hand sanitizer.
- For equipment, the following cleaning and sanitizing protocol applies:

Every rower is responsible for cleaning their own boat and oars (this also applies to private boat owners). Boats and oars need to be washed with soap and water, inside and out. Use buckets, sponges and soap provided with lake water. Then, rinse oars and boats (inside and out). Oar handles must be further sanitized after washing with disinfectant spray. Use this spray to sanitize hard-to-wash areas, such as foot stretchers, shoes and seats.

- Before leaving, all frequently-touched surfaces inside and outside of the boathouse have to be sanitized with either a spray or sani-wipe. This includes outside sanitizing station, light switches, locks, hooks and shelves at sign-up area, water tap, washing buckets, soap and sanitizer bottles, garbage can, pens and clipboard.

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Weekly deep-clean of boathouse

All members of the club commit to at least one deep-clean of the boathouse for the season. This deep-clean will have to be done every Saturday. It will include sanitizing all frequently-touched surfaces inside and outside of the boathouse, refilling water into the handwashing water container, checking if any supplies need to be re-stocked (notify Petra if that is the case) and emptying the garbage. Detailed instructions are available in a separate document which will be posted in the boathouse and on Slack. Members will sign-up for this duty online on the rowing sign-in sheet (posted on Slack). Members are encouraged to pick their week right away when joining the club.

Get in - Row - Get out

Rowing Canada encourages us to get in, row and get out. It simply means arriving at the boathouse ready to row and going home immediately after rowing to shower. Also, remember that our conduct will reflect on the community. If there is any improper conduct, such as disobeying of social distancing rules, the club could be shut down at any time. We are also advised to be careful about posting on social media.

Sequence of Actions required at Boathouse

Please refer to the 'Sequence of Actions' document posted on Slack as well as in the boathouse.

Risk Acceptance

- While the NRC is taking all possible measures to prevent the spread of COVID-19, it is impossible to eliminate all risk. Your signature below indicates your awareness and acceptance of this risk.
- The club cautions all members that COVID-19 can be spread by asymptomatic individuals. Declarations of members do not provide absolute certainty that they have not been infected. Rowing and interacting with others involves a risk of infection. Each member must carefully assess this risk for themselves and the members of their family bubble. The decision to row or not to row is a personal one. The club is committed to providing opportunities for activity in as safe a manner as possible in the current environment.

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Consequences for Failure to Comply

Non-compliance with these guidelines will be addressed by the following 3 steps:

1. The first instance of non-compliance, if minor, will be addressed by the member being required to attend an education session with a board member of the club prior to resuming rowing. If the instance is a major infraction (deliberate refusal to comply) step 2 will apply immediately.
2. The second instance of non compliance, will result in the member being denied access to the boathouse for 14 days following the incident. During that time, the member will be required to attend an education session with a board member of the club prior to resuming rowing. In order to return the member must agree in writing to comply with all procedures and policies, and acknowledge that if there is another instance of non-compliance they will be unable to resume rowing for the remainder of the season
3. If there is a third instance of non-compliance, the member will be immediately notified via email that they will be denied access to the boathouse and using any club equipment for the remainder of the rowing season 2021. If the member owns their rowing shell, it must be removed from the boathouse at this time.

I hereby agree that I have read and understand the NRC COVID-19 Policy and Guidelines and agree to follow them at all times.

_____ printed name

_____ signature

_____ email address

_____ phone number

_____ date

_____ (initials)