



Nicomekl Rowing Club

COVID-19 Reopening Safety Plan

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SECTION 1 – INTRODUCTION AND PURPOSE

Our rowing life has changed dramatically with the introduction of the COVID-19 outbreak, and Nicomekl Rowing Club (NRC) members are working hard to implement a process for our club to open safely. This COVID-19 Reopening Safety Plan has been produced to show how we will introduce measures to keep members and our community safe, avoid an outbreak, and plan how the club would respond if a case or outbreak should occur within our club.

The content of the plan may change over time as we adapt to changes on how to respond to the COVID-19 pandemic. As we progress through the reopening plan members will be notified of changes. Incremental use of the club boats will be dependent on the direction given to all rowing clubs by Rowing BC (RBC) and Rowing Canada Aviron (RCA) and public health. Currently only singles and ‘family’ doubles can row. This plan is intended to be implemented and then maintained over 12 -18 months.

These are challenging times but with patience, and teamwork we will have a successful rowing season. Hopefully we can start to provide rowing sessions soon on our wonderful river.

This Nicomekl Rowing Club, COVID-19 Reopening Safety Plan has been created using:

- The B.C. Provincial Health Officer orders and guidance
- ViaSport Sector Reopening Guidelines <https://www.viasport.ca/return-sport>
- Rowing BC (RBC) Return to Sport Guidelines <https://rowingbc.ca/wp-content/uploads/2020/05/Rowing-BC-Return-to-Sport-Guidelines-Resource>
- Rowing Canada Aviron (RCA) guidance and policy. The RCA Risk Assessment and Mitigation tool <https://rowingcanada.org/return-to-rowing-planning/>

The following five principles from B.C.’s Restart Plan are helpful to review in addressing COVID-19.

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none">• Frequent handwashing• Cough into your sleeve• Wear a non-medical mask• No handshaking	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travellers must self-isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhance surface sanitation in high touch areas• Touch-less technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

SECTION 2 – CLUB AWARENESS ABOUT COVID-19

A group of members has been established to create a plan to keep our members safe, but also enable rowing programs to be provided.

NRC REOPENING COMMITTEE

- | | |
|--------------------|------------------------------------|
| 1. Helen Healey | Process and Communications |
| 2. Cathy Cotter | Schedule, Coaches, Participants |
| 3. Alix Kite | Medical Lead |
| 4. Sue Mortimer | Cleaning, Hygiene and Sanitization |
| 5. Ann Davidson | Cleaning, Hygiene and Sanitization |
| 6. Debbie Coventry | Cleaning, Hygiene and Sanitization |
| 7. Tammy Goodall | Equipment |
| 8. Sandy Snow | Process |
| 9. Tracey Corbett | Process |
| 10. Derek Pattison | Communication |
| 11. Ray Pici | |

COMMUNICATION AND EDUCATION

COMMUNICATION METHODS

NRC will share information through the following methods:

- Member newsletters
- Website
- E-mail

EDUCATION TO THE REOPENING SAFETY PLAN

- Each member returning to row must attend an education session at which they will be taught the protocols by which NRC is obligating its members to know to reduce the risk of COVID-19 transmission
- A physical walk through will be required to ensure that a solid understanding is in place in order to make the process repeatable
- Coaches will be instructed in our protocols by the Coaching Coordinator and will pass on that knowledge to participants during their rowing sessions

CLUB HIGH RISK AREAS

The Nicomekl Rowing Club involves rowing in a location that does not have controlled access. There is semi-controlled access to our compound in that a finite number of people have access to the compound.

Examples of semi-controlled spaces and items where the number of individuals in contact is controlled and monitored

- Boat racks and boats
- Oar storage & oars
- Green box in compound
- Erg room

Examples of uncontrolled spaces

- Locks to the compound

- Water hose
- Black box
- Coach boat and engine on the dock
- Docks
 - Shared use of the dock, by the public, create an opportunity for viral transmission.
 - The dock is the property of the City of Surrey, Parks & Recreation Department and is intended as a rowing and paddle sports facility (it is not Nicomekl Rowing Club's dock).
- Roadway
- City of Surrey Park Board washrooms

SECTION 3 - CLUB POLICIES REGARDING COVID-19

MEMBERSHIP

- All members wishing to row during the return to rowing phase of the Covid-19 pandemic are required to complete a program membership within the RCA membership system: <https://membership.rowingcanada.org>

WAIVERS AND AGREEMENT

- Members will be required to accept the updated RCA waiver specific to Covid-19. Completing this waiver provides confirmation you have accepted the RCA waiver, which now includes wording to address the World Health Organization pandemic.
- Members will be required to accept the Nicomekl Rowing Club COVID-19 Member Agreement Appendix 1

PENALTIES RELATED TO TRANSGRESSIONS OF COVID-19 PROTOCOLS AND POLICY

NRC is making every effort to provide a safe, respectful, and welcoming environment. Intentionally flouting the policy, rules and protocol of the NRC Covid-19 response creates an unsafe, and potentially threatening environment to other members.

The Executive will take action through the usual process as outlined in our Nicomekl Rowing Club Bylaws. Penalties may range from verbal reinforcement of the correct protocol to termination of membership, and reporting actions to the relevant authorities.

SECTION 4 - CLUB COVID-19 PUBLIC HEALTH INFORMATION

The Medical Lead is responsible for monitoring local, provincial and national COVID-19 related information including the latest health authority guidance and evolving scientific understanding of the virus.

The Medical Lead will monitor public health matters from the agencies below:

- BC Centre for Disease Control <http://covid-19.bccdc.ca/>
- White Rock South Surrey Public Health Unit 604-542-4000
- WorkSafe BC <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>

The Club President is responsible for monitoring the information from the agencies below and escalating relevant details to the Executive.

The President will receive and monitor information from:

- RCA email, newsletters, conference calls
- RBC email, newsletters, conference calls

HEALTH SCREEN

Members will be asked to perform a daily self-assessment health screen prior to any involvement in the reopening phase and on a daily basis. Members are encouraged to download the B.C. government health screen app that is simple and convenient to use <https://bc.thrive.health/covid19app>

The night before attending a rowing session a participant will sign in to the NRC website, access the member portal and put their name down on the Google sheet to confirm they are attending the row and have performed a health screen.

At the rowing session the Group-designate Lead confirms and records on the 'Rowing Session Record' that each participant has completed a health screen. The Group-designated Lead will then send the 'Rowing Session Record' to the Medical Lead, who will keep them on record for 30 days.

On arrival at the rowing session if there is a participant that answers yes to any question on their self assessment health screen the Group-designated Lead will send them home.

ROWING SESSION RECORD

At every rowing session there will be a record kept containing:

- Name of the participant
- Date and time of arrival and departure
- Equipment they used
- Confirmation of the completion of a health screen
- Notes area for symptoms if they answered yes on the health screen
- Names of the other participants in the group

This record is kept in order to make tracing possible COVID-19 exposures easier.

SECTION 5: CLUB RESPONSE TO A SUSPECTED OR SYMPTOMATIC COVID-19 CASE

The Medical Lead is responsible for planning and implementing the club response to a suspected or symptomatic COVID-19 case.

IMPORTANT INFORMATION FOR CLUB MEMBERS:

- Anyone with close/sustained contact with someone with COVID-19 symptoms should not enter the compound for at least 14 days after the last contact
- Participants/coaches must sign the Member Agreement to abide by these rules

Symptoms

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

MEMBER SYMPTOMATIC FOR COVID-19

If any participant **arrives with symptoms** they will be asked to return home.

Prior to attending a practice members should:

- Complete a health self assessment and determine that they **should not attend** practice
- Take actions as determined by their medical practitioner and /or Fraser Health Authority
- **Unwell during a rowing session**
- They will be asked to return home, self isolate and call their medical practitioner or 811 for further guidance related to testing and self-isolation.
- If a participant needs to be taken off the water by coach, the coach will don a mask, eye protection and gloves, prior to contact with the participant.
- If a participant is unable to transport him or herself home they will be given a mask and asked to wait in their vehicle. Their emergency contact will be called to transport them.
- A club member will be given mask, eye protection and gloves as necessary to monitor the ill individual while they are awaiting transport.
- All equipment that has been handled by the participant will be identified washed and disinfected.
- If any participant **is severely ill** (e.g., difficulty breathing, chest pain) coach or Designate Lead will call 911.
- There is no designated Occupational First Aid Attendants with the club.
- The Designated Group Lead or coach should document details of any participant illness and send report to the Medical Lead.

SUSPECTED CASE OF COVID-19

- Participant should take actions as determined by their medical practitioner and /or Fraser Health
- Participant should report it to the Medical Lead
- Medical Lead will contact Public Health Office when there has been suspected exposure of club members.
- Medical Lead will contact club President after collaboration and consultation with Public Health to determine if a positive case of COVID-19 has occurred and the club should be immediately closed.
- Medical Lead will notify all participants of session where there has been possible exposure to COVID-19.
- Club President will report any COVID-19 exposure to Rowing B.C and Rowing Canada Aviron, as required.
- Equipment used will be declared unavailable for 48 hours to allow time for viral degradation naturally.
- Medical Lead and Club President will have the authority to modify, restrict, postpone or cancel rowing sessions and access to boathouse related to evolving COVID -19 outbreaks.

MEMBER SELF IDENTIFIES AS TESTING POSITIVE FOR COVID-19

- The club will cease operations and the Medical Lead will contact Fraser Health Public Health for direction.
- If there is a confirmed case of COVID-19, the club will work with the authorities to perform contact tracing to define and understand the community risk so as to reduce the opportunity for spread.
- The club will cease operations for a period of at least 14 days, or as advised by public health officials.
- The club will be deep cleaned
- Members will be informed as per the communication process in section 2.

- Club will remain closed and will not reopen without the unanimous approval of the Executive
- Club President will inform Rowing BC, Rowing Canada Aviron, and the City of Surrey Park Office:
 Dave Calder, Executive Director, Rowing BC david.calder@rowingbc.ca 604.273.4769
 Stephen McMurray, Member Services, RCA smcmurray@rowingcanada.org 250.220.2579
 Sukhi Bahia, Coordinator, Surrey Parks ssbahia@surrey.ca 604.501-5046

SECTION 6 – HYGIENE AND CLEANING

HAND WASHING

Any time members and coaches feel that they have compromised their hands they are encouraged to clean their hands.

Solutions acceptable for hand sanitizing are soap and water, commercial hand sanitizer with an alcohol base of at least 70%, and Isopropyl alcohol 70% (rubbing alcohol).

CLEANING SUPPLIES AND LOCATIONS:

- Club buckets, dish soap and one container of alcohol disinfectant are located at the front of the boathouse.
- Hand wash stations are placed at four locations in the boathouse.
 Station #1: table by the erg room (hand sanitizer)
 Station #2: at oar storage near green box (hand sanitizer)
 Station #3: at oar storage on Mud Bay Club side (hand sanitizer)
 Station #4: at middle front table between bays (hand sanitizer)
- Members are encouraged to bring their own bucket, cleaning cloths, dish soap, disinfectant and brush.
- It is the responsibility of members to clean their personal cleaning cloths when used.
- Members should bring their own wipes and hand sanitizer.
- Commercial disinfectant spray (Spray Nine) is located with each gas can in the green box.
- Please inform appropriate personnel if a cleaning product is noted to be low. There are replacement products kept on top of the green bin.

ROWING SHELL CLEANING

- There are wash buckets and dish soap located in the front of the boathouse
- One bucket is to be used for each rowing shell
- Members are encouraged to bring their own personal bucket for cleaning their rowing shell
- Put a squirt of dish soap in the bucket and fill at least ½ full with water making a robust foam and lather.
- Members must use own personal cloth brought from home which must be taken home and cleaned after each row

Soap and water wash includes:

- All surfaces inside and out
- Gunnels
- Riggers
- Oar locks
- Slides
- Seats

- Foot stretchers
- Shoes

Rinse

- Rinse with high flowing water thoroughly after washing. This is very important.

Spray with alcohol disinfectant after water rinse and let air dry

- Shoes (spray should avoid glued areas with particular attention to touch areas such as laces, etc.)
- Seats
- Deck
- Oar locks

CLEANING OF OARS:

- Wash oars with soap/water using personal cloth – including handles, shafts, blades) - then rinse afterwards
- Handles should be sprayed with alcohol disinfectant and let air dry
- Hang in designated spot on oar hangers or beside your rowing shell in boathouse

LIFEJACKETS:

- Members are encouraged to use a personal inflatable PFD which is kept clean
- If using club lifejacket it should be washed with soap & water, sprayed with alcohol disinfectant and hung to dry

GREEN BOX CLEANING

- The coach and maintenance coordinator will be the only people opening the green box in the boathouse
- Before opening this box clean all touch spots and the lock with Spray Nine/disinfectant and wipe off with a clean cloth
- The gas can handle and touch spots of cleaning kit will be wiped with Spray Nine/disinfectant and wiped off with a clean cloth
- The coach boat cleaning kit is used for the coach boat only and will be kept in the green box

DOCK BLACK BOX CLEANING

- The coach will be the only person opening the dock black box
- Before opening this box the coach will spray it with Spray Nine/disinfectant and wipe off after with a paper towel and disposed of in the garbage can at the top of the ramp
- All safety equipment will be sprayed with alcohol disinfectant, with particular attention to touch points

COACH BOAT CLEANING

At each rowing session the coach will clean all touch surfaces of the coach boat with Spray Nine/disinfectant and wipe off after with a paper towel.

- Boat gunnels (sides and bow)
- Seats
- Lock chain and lock
- Motor (including pull cord handle and kill switch)

OTHER ITEMS:

- All garbage cans will be removed from the facility so no emptying will be required. Members are asked to take any disposable items that they bring with them away with them.
- Cleaning of visibly soiled surfaces followed by disinfection is recommended for prevention of COVID-19 and other viral respiratory illnesses.
- No food is to be brought to the clubhouse.
- No spitting in the water or on land.
- The Nicomekl Rowing Club does not take responsibility for care, cleaning and maintenance of the washroom facilities provided by the City of Surrey Park Board for the public. Rowers use them at their own risk.

CLEANING RECORDS

There will be a record of cleaning.

SECTION 7- ROWING PROGRAMS

Ms. Cathy Cotter is the Coaching Coordinator and is the lead person for scheduling and coaches.

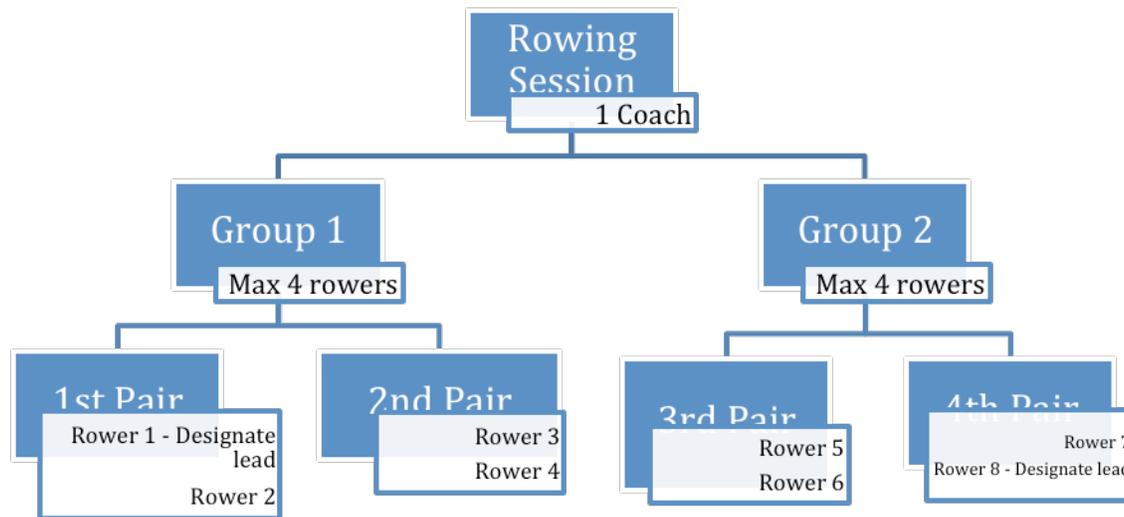
- Participation in rowing sessions will look different than our usual rowing sessions. Members have not been rowing and there are no regattas scheduled. Starting rowing slowly and carefully will be a priority.
- The reopening of the club will start in Stages
- In Stage 1 (June) to test the new club process we will conduct at least three pilot sessions with a small number of experienced singles rowers. Rowers will be contacted and asked to participate in these sessions.
- In Stage 2 (July) the club will schedule more rowing sessions as the plan is monitored and improved for safety of our rowers
 - The number of rowing sessions will slowly increase, as will the number of rowers attending
 - During Stage 2 there will be rowing sessions for rowers that are not comfortable in a single rowing shell and that require close coaching until they feel confident and are having fun
- On completion of Stages 1 'Family' groups may row together in 2 person boats based on the rowers living together. They will need to maintain their access to the same two person rowing shell for all future rows
- Later participants with rowing partners already in their expanded bubble may be allowed to row in a double. This will only be permitted if it is in accordance with the Provincial Restart Plan, the Provincial Health Officer's orders, ViaSport, Rowing BC and Rowing Canada requirements. Once this rowing partner has been established the participant will not row with any other person outside their household

ROWING GROUPS

- A rowing session will consist of groups limited to no more than 6 participants per group
- Start times of each group will be staggered, to allow groups to launch sequentially
- It is highly recommended that groups consist of the same rowers at each rowing session
- Each group must have a Designated Group Lead
- It is highly recommended, that at each row, participants are organized beforehand into pairs and keep to these pairs for the entire rowing session. These two rowers will assist each other with launching, docking and cleaning their singles

- If there is a single rower without another paired participant another rower will assist with careful hygiene practices being carried out. If rowers can launch themselves safely they may proceed alone.
- The number of rowers in a rowing session will be predetermined on the sign-up Google sheet
- Members not signed up in the member portal on the NRC website will not be allowed to row
- The maximum number of rowers will be 12 participants to 1 coach

The following graph provides an example of a rowing session.



SCHEDULING REGULAR ROWING SESSIONS

Our waterway is tidal, limiting the times we have available for rowing, especially at this time of year.

Early morning rowing sessions

- Scheduled if the tide accommodates them. This is a good time to row as the park and dock will be quieter at that time
- Structured for experienced single shell rowers

Weekend mornings, evening or afternoon rowing sessions

- To accommodate members that work. There will be more members of the public on the dock.

Open Rowing sessions – rowing without a coach

- There is no Open Rowing at this time.

HIGH RISK PARTICIPANTS

Members deemed high risk due to medical conditions are responsible for their own decision to attend rowing sessions. At risk populations include anyone with a compromised immune system and those with co existing medical conditions including but not limited to: diabetes, cardiac disease, severe asthma, chronic lung conditions and autoimmune disease.

SECTION 8 - COACHED ROW PROCESS

PARTICIPANT

ASSUMPTIONS:

- A single rowing shell has been assigned to each rower

- Oars and life jacket have been assigned if needed
- If all 12 spots are signed out then additional rowers cannot attend this row
- Attempts are made to schedule the same people in a group

NIGHT BEFORE THE ROW, DO THIS:

- Sign up for a rowing session on the NRC website in the members portal, crew column
- Pack a dry bag with:
 - Inflatable life jacket
 - Water bottle
 - Hand sanitizer
 - Wipes for personal use in a dry bag, for use after pushing off from the dock to clean the oar handles
 - If possible a personal bucket for cleaning your rowing shell with dish soap, disinfectant, and scrub brush
 - Personal cleaning cloths in a bag. These cloths are to be used only by you and taken away from the boathouse after the rowing session.
 - Whistle
 - 7/16 wrench
- Bring a waterproof bag that has a flotation device for driver's license, car keys and cell phone. Big problem if they end up at the bottom of the river. It can be looped around rigger.
- Note the practice for the session and any other considerations the coach has specified in the 'prescribed workout' column.
- Cleanly laundered rowing clothing to wear
- Cleanly laundered socks that cover your ankles in the boat shoes. No bare feet.

Keep these as clean as possible by washing or sanitizing before and after every row

PHYSICAL DISTANCING

- Make sure there are only two people in each boat bay at one time
- Make sure the stretchers are set up at least 2 meters/6 feet apart
- Do not pass on the bridge wait for people or rowing shells to clear
- Walking back to the compound stay 2 m away from each other
- The erg room is off limits to all members
- No family members or friends should attend rowing sessions, unless they are fellow rowers

ROWING SESSION TIME

ARRIVING

GROUP 1 (4 – 6 participants)

- Arrive no later than 10 minutes before practice time
- Park cars, with room in between cars if possible.
- Coach or Designate Group Lead opens the gate bays
- Group 2 arrives 20 minutes after the first group e.g. 10 minutes after practice time

GROUP 1 DESIGNATED GROUP LEAD WILL:

- Hand sanitize when entering the boathouse
- Record that the coach has done a health assessment

- Record the names of participants, the date and time they arrived, the equipment they are using (oars, rowing shell and stretchers) and record that they have done a health assessment

LAUNCHING

Group 1

- Move fast or you will be connecting with Group 2
- Check in with Designated Group Lead for health check
- Hand sanitize upon entering the boathouse
- If possible adjust rowing shell equipment on the water not on the stretcher
- Pick up a set of stretchers each and set them up **2 meters apart** on either the water hose side of the boathouse or in front of the erg room doors
- Leave tennis balls on the stretchers

Launching of rowing shells:

1. Pick up oars plus personal belongings and carry them down to either the small or big dock
 - Carry first rowing shell down to the dock and place it upside down on the dock, or with the small dock tie it to the dock
 - Retrieve second rowing shell and carry down to dock and place in river

OR

2. If comfortable and safe two rowers carry one rowing shell, oars, and personal belongings down to dock
 - Return to dock and carry other rowing shell, oars and personal belongings to dock

OR

3. For private boat owners only if comfortable one rower take their personal rowing shell down to the dock with oars and personal belongings
 - Either leave shoes on dock or in rowing shell
 - Put oars in rowing shell oarlocks, personal belongings in shell. Get into rowing shell and push off
 - After push off use personal wipes to clean oar handles, and wipe them after with a clean cloth. Sanitize hands with hand sanitizer or personal wipes
 - Stay within the warm up area. There is a flow on the water that all members must follow. Always be aware of other boat traffic on the river

Group 2 (The next set of 4 – 6 rowers)

- Do same as above but 20 minutes later

RETURN TO DOCK

1. Four at a time in same order as launch, using small dock and big dock
 1. One rower places oars and personal belongings at railing or on small dock.
 - Put shoes on
 - Put rowing shell upside down on dock
 - Other rowing shell place oars and personal belongings on railings or dock.
 - Carry first rowing shell to stretchers
 - Retrieve second rowing shell

- Retrieving oars and personal belongings

OR

2. If comfortable and safe two rowers carry one rowing shell, oars, and personal belongings up to stretchers
 - Return to dock and carry other rowing shell, oars and personal belongings to stretchers

OR

3. For private boat owners only if comfortable one rower take their personal rowing shell, oars and personal belongings to stretcher

- Open boat bay gates and hand sanitize
- **Cleaning (please see Cleaning above for detailed rowing shell and oar cleaning instructions)**
- Place rowing shells into compound after washing and disinfecting
- Call the next group of rowers who are on the dock to come to the compound
- Wash and disinfect oars and put away
- Hand sanitize before exiting the boathouse
- Leave and go home

Group 2 and 3 (second set of 4 to 6 rowers)

- Arrives at dock after group 1 has left dock
- Waits to be called up to compound
- Process same as above after Group 1, but last group puts buckets, cleaning agents and hose away

Designated Group Leads

- Records the time they finished and left the compound

COACH

ROWING PRACTICE PRE INSTRUCTIONS

- Before the day of the rowing session. Document the practice for the row in the Nicomekl Rowing Club (NRC) website, members portal, Google sheet 'prescribed workout' column
- Assigns boats

ARRIVAL

- Unlock the gates
- Hand sanitize when entered the boathouse
- Clean the green box and locking mechanism before taking equipment out of box
- Take the full gas can, cleaning agents for safety boat and black box, life jacket, kill switch and personal protection equipment, out of the green box
- Go to the marina and clean the safety boat
- Prep coach boat:
 - Chain unlocked and removed
 - Bungs in place
 - Gas tank in the boat
 - Motor ready and very secure
- Spray black box with Spray Nine before opening it and wipe off with a disposable paper towel and dispose of towel in garbage can at the top of the ramp

- Clean and place in safety boat:
 - Bag of PFD's
 - Paddles/oars
 - Safety equipment bag
 - Mega horn
- If non rowers are on the dock explain that rowing shells are coming down and could they move to be 6 feet away from rowing participants
- Group 1 participant to help launch coach boat
- Sanitize hands following launch

ROWING SESSION

- Once groups are on the water give instructions on safety and group practice

WATER RESCUE

In the event a rower overturns their vessel the following steps may be taken as appropriate to the situation – the coach/safety boat operator can determine based on their assessment as to best options:

- If possible the rower should mount an upside-down rowing shell and paddle to the closest shore
- The coach should provide a floatation device to the individual in the water
- Check with and reassure the athlete in a calm voice.
- The coach may provide a flotation device such as a boogie board to those in the water and tow them to the shore or the dock
- Ask them if they would prefer to get back into the rowing shell on their own or come into the coach boat.
- If they prefer to come into the coach boat, ask if they would prefer and are able to get into the coach boat unassisted using ladder

Where the coach needs to assist the athlete into the boat:

- Put on a mask and gloves
- Ask the athlete to put on a mask
- When the athlete is safely in the coach boat (and after ensuring they are OK): remove your mask (by the ears straps, do not touch the main part), then gloves, disinfect your hand with hand sanitizer and ask athlete to do the same.
- After returning athlete to the shore/dock: clean the coach boat with soapy water, rinse, and disinfect (wipe with spray disinfectant)

RETURN TO DOCK

- Remain on water until all participants are off the water
- **Cleaning (please see Cleaning above for detailed coach boat, dock, black box and green box cleaning instructions)**
- Take gas can and cleaning products back to boathouse
- Hand sanitize upon entering the boathouse
- Take gas can and cleaning supplies to green box and clean after locking it up
- Hand sanitize after locking gates with personal hand sanitizer



NICOMEKL ROWING CLUB COVID-19 REOPENING SAFETY PLAN MEMBER ACKNOWLEDGEMENT

All Participants of the Nicomekl Rowing Club agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Reopening Safety Plan:

- I will undertake daily symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days
- I am aware of COVID-19 symptoms, transmission, measures to reduce transmission, and understand the meaning of self-isolating self-monitoring and quarantine
- I will contact my family doctor or public health if I have symptoms of COVID-19
- I will stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms or as directed by public health
- I will sanitize my hands upon entering and exiting the facility, with sanitizer
- I will sanitize the equipment I use with soap and water provided by the club
- I will continue to follow physical distancing protocols of staying at least 2m away from others
- I will not share any personal equipment during practice times
- I understand and acknowledge that the club highly recommends that groups consist of the same rowers at each rowing session
- I understand and acknowledge that the club highly recommends that at each row, participants are organized beforehand into pairs and keep to these pairs for the entire rowing session.
- I have reviewed the Nicomekl Rowing Club COVID-19 Reopening Safety Plan (“Plan”), including the list of member responsibilities and will abide by the Plan respecting the safety of our entire community
- I understand and acknowledge that if I do not abide by the aforementioned policies/guidelines and Plan, that I may be asked to leave the club, and remove any privately owned equipment, for up to 14 days to help protect myself and others around me

- I further understand and acknowledge that the repeated failure to abide by the aforementioned policies/guidelines and Plan may result in suspension of my club membership temporarily
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Reopening Safety Plan will not entirely eliminate those risks
- I recognize that only the Nicomekl Rowing Club compound is a semi-controlled space where entry is limited and use may be traced. Everything else, from the locks on the gates, the dock, waterway and roadway in between is an uncontrolled space over which the Nicomekl Rowing Club and its members have no way of limiting or monitoring access or use
- I will abide by all of my Clubs COVID-19 policies and guidelines
- I am registered and activated in a current Nicomekl Rowing Club program and have signed the new RCA waiver (released May 19)

Date

Member

Signature

Please mail completed form with your membership cheque.

If you have any questions please e-mail the Club President at hhealey06@gmail.com

NICOMEKL ROWING CLUB COVID-19 REOPENING SAFETY PLAN

Approved by NRC Executive June 22, 2020

Motion: The Nicomekl Rowing Club COVID-19 Reopening Safety Plan was accepted and approved unanimously by the Executive members.