

FLYRS Covid-19 Safety Plan

ALL LOGS MUST BE KEPT FOR 30 DAYS

BEFORE PRACTICE

- All athletes and coaches planning on attending practice must check-in and complete a Symptom Checklist with the CDC App to ensure that they do not exhibit any symptoms of Covid-19
- This checklist must be verified by sending a 'done' message via WhatsApp to the coaches
- Athletes to wash hands before leaving house to go to practice
- Athletes chat with coach at the top of the ramp or on dock where adequate 3m distance between each individual can be maintained

CONFIRM by using the FLYRS WhatsApp which retains log for 90 days and can be seen by board members and coaches

Athletes Must Bring:

- Ziploc Bag or Dri-Fit Bag containing: **water bottle**
 - o Water bottles cannot be re-filled at practice (risk exposure to Covid-19 as the only way to refill water is with the public bathroom); second water bottle can be in rower's backpack if they feel they will need it
- **Sunscreen, hand sanitizer, disposable gloves, face mask, snack, socks**

CONFIRMED by coach upon the arrival of the athlete at practice (no sharing means that if the athlete does not have what they need, they cannot join practice)

None of the above items can be shared

ARRIVAL AT PRACTICE

- Athletes & Coach must wash their hands in the public bathroom available in the ATC building (but not the ATC bathrooms)
- Follow-up the bathroom hand-washing with the use of hand sanitizer
- Face masks must be on before walking down the dock (this is to reduce transmission possibility to the Community Rowing Club which might have higher risk members)
- Athletes check in at the top of the ramp
 - o Coach or Team Captain completes Attendance & Confirmation of Symptom Checklist

CONFIRMATION of attendance and secondary symptom check is done by the Team Captain or Coach and logged at the end of the day by coach

Athlete Belongings

- Athletes may bring ONE bag containing the above mentioned items
- Bikes can be stored in front of the upper boathouse in the bike stand (bring your own lock)
- Bags can be stored in the upper boathouse FLYRS corner; they are NOT to be brought to the lower boathouse

Inside of Boats: athletes may only bring a water bottle inside a Ziploc bag, and their face masks down the ramp and into the boathouse

CONFIRMATION to be completed by Team Captain or Coach

Flow Pattern

- FLYRS athletes remain on the Rowing Side (EAST) side of the dock which is marked with duct tape to ensure that athletes know which side to stay on
- A social distance of **3m** must be kept at ALL TIMES
- Only coaches handle boathouse keys, sign-in/out clipboard
 - o Coaches open the boathouse with key both at the front and the back of the boathouse; athletes do not open the boathouse door themselves but wait for the coach. FLYRS have their own boathouse key and do not need to share this with other club users. Coach will have their own copy.

CONFIRMED by the use of duct tape to ensure flow pattern towards the EAST side of the dock; Rowing Canada Posters secured outside and inside the boathouse

BEFORE WORKOUT

Washing Equipment

- Spray handles with disinfectant and dry with paper towel

CONFIRMED by coach that pre-workout wash has been completed

Pushing Out the Coach boat

- Coach decides on 2-3 athletes to help with pushing out the coach boat
- Coach sprays the coach boat with disinfectant along the rim and along where the coach boat is gripped to boat out
- Coach boat tied in usual location by coach

Crew Allotment

- **Only singles or household doubles**
- Only 12 athletes on the water at a time with 1 coach

Getting into the Boat

- Athlete gets into the boat, adjusts their feet (if this was not able to be done while boat was in stretchers), places hand on the dock and pushes off the dock
- Athlete may only now remove their face mask and place into the Ziploc bag

SIGN IN-OUT LOG BY COACH with which boats and athletes are on the water; FLYRS clipboard & pen provided for coach

DURING PRACTICE

- Athletes must maintain social distancing of **3m**
- Adhere to flow pattern – remaining on the starboard side of the channel

- Listen closely to any updates regarding deadheads or safe havens due to freshet
- Athletes are NOT permitted to switch/exchange/swap equipment – no swapping boat seats or oars
- Water bottles can be removed from Ziploc bag in order for athletes to drink the water but must be returned to the Ziploc bag and firmly sealed
- NO FOOD inside the boats

RETURNING TO THE DOCK

- Face masks are worn again
- Athletes return to the dock on the EAST side so as not to come in contact with the WEST side which is reserved for Kayak and Paddling activity
- Athletes get out the boats, remove their Ziploc Water Bottles (placed at the side of the boathouse)

AFTER PRACTICE

- Athletes place boats on stretchers; wash with soap & water; rinse thoroughly
- Spray boat liberally with disinfectant spray
- Athletes wash their oars with soap and water; rinse thoroughly
- Spray handles with disinfectant and dry with paper towel

To Dispose of Paper Towel: Coaches will provide a fresh plastic garbage bag for each washing session which will be disposed of in the garbage bin at the top of the ramp after each washing session; these garbage bags are meant for paper towel ONLY and are not intended for any other use

CONFIRMED by coach in equipment log that post-workout wash has been completed

HAND WASHING & HYGIENE

Sanitization

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Acceptable Sanitation based off of above link: Clorox, Lysol, Fantastik, Microban

What plan does the club have in place to ensure an adequate supply of soaps, sanitization products, disinfecting supplies and personal protective equipment (PPE) for staff, volunteers and participants?

Coach notifies facility manager of need for any of the above supplies and they will be provided by FLYRS if they are of general use (equipment cleaning, hand sanitizer, soap) but individual sunscreen, hand sanitizer, etc. will be the responsibility of the individual athlete.

Will the club set up handwashing stations (with soap and water or hand sanitizer) at the entrance and exit to the site? If not, how will the club ensure staff, volunteers and participants enter the site in a sanitized state?

Hand sanitizer is provided by FLYRS and made available by coach. Arrival includes attendance, symptom check confirmation, sanitizer spritz 😊

FACILITY CLEAN-UP

- After all athletes have washed, disinfected, and returned equipment to its location, coach does facility clean up at the end of the day
- COMMONLY TOUCHED SURFACES: boathouse handles, locks, keys, sign-in/out board, coach boat motor handle, dock, hose tap; must be washed & disinfected regularly

NOTES OF INTEREST:

- FLYRS do not share equipment with other clubs or groups; shared equipment is very minimal
- FLYRS do not have athletes over the age of 65+ or with known high-risk health reasons that would prevent them from participating at practice.