

# 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 or FLYRS Survey to ensure that they do not exhibit any symptoms of Covid-19
- 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 2m distance between each individual can be maintained

**CONFIRM** by using the FLYRS Pre-Screening Link which retains log for 90 days and can be downloaded and seen by board members and coaches

## Athletes Must Bring:

- Ziploc 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
- Backpack may contain **Sunscreen, hand sanitizer, disposable gloves, snack, socks for before or after practices only**

**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

- Coach meets athletes lined up 2m apart (as per markings on ground) outside gate at top of boathouse ramp and give hand sanitizer to athlete before starting down ramp
- Face masks must be on before walking down the ramp, on the dock and while accessing upper boathouse
- Athletes check in at the top of the ramp
  - o Coach completes Attendance & Confirmation of Symptom Checklist

**CONFIRMATION** of attendance and symptom check is done by the Coach and logged at the end of the day

## 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 mask down the ramp and into the boathouse

**CONFIRMATION** to be completed by 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 2m 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

- 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

**CONFIRMED** by coach in equipment log 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 (face mask on all participants at all times in the boathouse)
- Coach sprays the coach boat with disinfectant along the rim and along where the coach boat is gripped to push boat out
- Coach boat tied in usual location by coach

### Crew Allotment (IF not part of Cohort)

- Only singles or household doubles
- Launch separately

### Crew Allotment (IN Cohort)

- Cohort of up to 10 athletes able to row in crew boats (quads, doubles, pairs, fours)
- Cohort must consist of the same members throughout the season
- Exceptions can be made only if a 2 week period of rowing in a single occurs for a member needing to switch into a new cohort
- Maximum of 14 rowers can be on the water with one coach (i.e. 1 cohort of 10 and 4 non-cohort rowers)

## Getting into the Boat

- boats are in the stretchers, or in the water tied at dock and oars are on the dock (everything has been cleaned)
- Athletes place boat in the water, oars in the oarlocks, Ziploc bag with water bottle into the boat
- Athlete gets into the boat, adjusts their feet (if this was not able to be done while boat was in stretchers), and pushes off the dock
- Once athlete is away from the dock, the 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

- 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

- Athletes take face masks out of the Ziploc bag and put them on again to bring the boats back into the dock
- 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 let dry

**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

## **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

**CONFIRMED** by coach leading sessions that day