



Fort Langley Youth Rowing Society

BOATHOUSE ADDRESS:

Billy Brown Road, Fort Langley BC

ARRIVING FOR PRACTICE:

Before You Arrive:	Complete health screen before you leave home for practice
	Boats and Oars are assigned by coach
	Bring: water bottle, face masks, disposable gloves, Ziploc bag, socks, snack,
When You Arrive:	Athletes wait for coach before walking down the ramp to boathouse
	Coach will ask you to confirm that you have completed your health check
	If a coach suspects that you are presenting symptoms, they are authorized to send you home
	Wash your hands in public bathroom & then sanitize your hands before going down ramp
Dock Protocol:	Use oars that are assigned to you. Coach will assist you.
	Athletes store belonging in gas cage
	Maintain 6 ft. of distance from all other individuals
	Wash and sanitize all equipment before use
	Always use fresh water to wash boats (from River or hose)
	Boats are to be washed with soap and sanitized before put away

Health Check:

Web Link: <https://bc.thrive.health/covid19app>

(or)

Download App: <https://bc.thrive.health/>

Rowing Canada Membership Site:

<https://membership.rowingcanada.org/JoinProgram?id=281>