

Appendix F – Sport Specific Activity Protocols (Rowing)

General

- Follow all physical distancing and mask usage requirements as stated in the Safety Guidelines for Facility User Groups.
- Each participant must have their own clearly marked water bottle.
- Keep detailed records of all participants in sessions. Details should include full contact information, date, time, and location of activities.
- Supply all participating groups with appropriate cleaning/sanitizing products (ie. wipes, hand sanitizer, gloves, masks, plastic waste bags, etc.)

Facility Information

- Group sizes must not exceed the regional public health restrictions (maximum 50 individuals).
- Participants meet coaches outside the gate at the top of the boathouse ramp.
- The ramp is divided down the center for separation between participants going up and going down.
- The start and end times of training sessions have a minimum of a 15 minute buffer between sessions to allow coaches and rowers the appropriate physical distancing requirements and guidelines of health authorities.
- Rowers remain on the EAST side of the dock.

Before Activity Starts

- Athletes must complete the online COVID-19 symptoms check before the start of each session.
- Coaches must confirm attendance and that symptom check is done before individual may participate. If an individual is showing signs of cold, flu, or COVID-19 with coughing or sneezing, they must be removed from the activity and self-isolated immediately.
- Follow all physical distancing and mask usage requirements as stated in the Safety Guidelines for Facility User Groups.
- Coaches must record attendance for every session.

During Activity

- Please follow the rules and regulations for game play as stated in the Safety Guidelines for Facility User Groups.
- Follow all physical distancing and mask usage requirements as stated in the Safety Guidelines for Facility User Groups.
- Athletes are permitted to row in crew boats
- LTR participants are permitted to row in crew boats
- Athletes are not permitted to share/exchange equipment. Oars and seats and boats are assigned to individuals and recorded.
- Launching is spaced out to maintain 3m physical distancing.
- No gathering on the dock before or after practice.
- Adhere to the flow pattern outlined by coaches at each session.

- Only water bottles and mask are allowed inside the boat (in a Ziploc bag).
- Returning to the dock:
 - Athletes dock on EAST side and put masks back on.
 - Remove Ziploc bags with water bottles and place at side of boat house.
 - Place boats on stretchers to prepare for cleaning.

After Activity

- Athletes wash their boats with soap & water and rinse thoroughly.
- Athletes spray high touch areas in the boats with disinfectant spray.
- Athletes wash their oars with soap & water and rinse thoroughly, then spray handles with disinfectant and let dry.
- Coaches are responsible for sanitization of all high touch surfaces before and after practice sessions.
- Follow all physical distancing and mask usage requirements as stated in the Safety Guidelines for Facility User Groups.
- Coach chats can occur after practice, outside the upper boathouse, with 3m physical distancing in place.
- Follow all facility guidelines pertaining to use of the public washroom.