

Kennebecasis Rowing Club

COVID-19 Policy

Revision 1.2

14-May-20

The following document outlines the rules that the Kennebecasis Rowing Club (KRC) is implementing to ensure the safe return to sport at our organization. The underlying rules and actions are based on the publication from the Province of New Brunswick entitled “Guidance Document of General Public Measures During Covid-19 Recovery”. Kennebecasis Rowing Club does not guarantee that any person at the club will not contract a disease, but we are implementing the government guidelines as appropriate to ensure a safe training environment for our coaches and athletes.

Only members approved by the board of directors under the advisement of the coach will be permitted to go out rowing at this time. At this time, only experienced rowers will be allowed to row. No learn to row sessions are being offered.

All athletes that are permitted to row must adhere to these rules set out by the club and approved by the board of directors. Failure to do so will result in the immediate dismissal of the athlete from training until such time the club deems it appropriate for the return of that individual.

To implement the Province of New Brunswick guidelines, the following measures are the basis of the new rules KRC is implementing at this time. These are

- Physical distancing (6 feet / 2 meters)
 - Frequent Hand washing
 - Cleaning Surfaces Properly
 - Respiratory Etiquette.
1. To facilitate physical distancing and respiratory etiquette, a maximum of 6 athletes will be allowed to practice on the water at any time.
 2. All rowers will be using single sculls. Only experienced athletes will be rowing, no learn to row sessions are being offered at this time.
 3. Athletes must take home all their gear, including water bottles after each practice.
 4. Athletes will be assigned to specific scheduled practices each week. If an athlete cannot make his/her practice, he/she can switch with another athlete. Any changes to the schedule must be communicated immediately to the coach. If an athlete misses his/her scheduled practice, he/she cannot come to another practice he/she is not scheduled.

In conjunction with the KRC Board of Directors, the Head Coach, John Oxley, will monitor WorkSafe NB and Province of New Brunswick daily to determine if and when modifications to this policy may be required.

5. Prior to practice the coach will ask each athlete if they are exhibiting any of the following signs:

- i. fever/feverish
- ii. cough
- iii. sore throat
- iv. headache
- v. runny nose

If an athlete answers YES to one of the symptoms, he/she must leave immediately and will not be able to return to practice until the symptom is gone. If the athlete answered YES to 2 or more symptoms, then he/she are to follow Government of New Brunswick instructions to self-isolate at home and call 811.

If either of these scenarios are occur, please keep the coach apprised of the athlete's progress.

6. Beginning of a Practice

- a. Athletes are expected to arrive at the club at their scheduled time. Late arrival is likely to prevent an athlete from getting on the water for that practice. This is necessary as each rower will only have a specific amount of time each week to get on the water
- b. Athletes that arrive early must stay outside the fenced, practicing physical distancing from each other until practice starts.
- c. 3 to 4 athletes will be assigned launch the coach boat, maintaining a distance of 2 meters / 6 feet from each other.
- d. The coach will put the boat stretchers out for athletes to put their boats on.
- e. Traffic flow will be indicated on the floor of the club house. As well markings on the floor indicating the 2 meters/6 feet minimum distance required for physical distancing when standing inside the boat house.
- f. Prior to rowing, an athlete will need to wash oar handles with fresh water and soap provided by the coach. Each athlete will be responsible for bringing his or her assigned oars to the dock.
- g. 2 athletes can bring a rowing shell out of the club house safely, since the length of the boat requires them to be more than 6.5 meters / 20 feet apart. The two athletes will carry the boat to the dock and the rower using that boat will place the oars in it. The pair will return to the club house and get the other athlete's boat and bring it to the docks.

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- h. There will be locations on the dock indicated for standing. 6 feet minimum distance is required for physically distancing for standing purposes.
- i. Athletes will be able to launch the boat by themselves by pushing off the dock. A coach may assist by pushing the oar and boat away while maintaining a minimum 2 meter/6 feet distance. This is a standard rowing procedure that all rowers and coaches are familiar with.

7. During Practice

- a. With the length of the oars exceeding 3 meters/9 feet in length, physical distancing on the water will not be an issue.
- b. Breathing etiquette will be easy to maintain as athletes will always be at least 15 feet apart in separate boats.
- c. No one is allowed in the coach boat except someone within the coach's "bubble"
- d. The water temperature, while cool is no longer dangerous for short periods. If an athlete flips his/her boat and ends up in the water, the coach will direct him/her to either return safely to that boat or get in the coach boat at a safe distance.

8. At the end of practice

- a. Boats will be removed in a manner that they were taken down maintaining a minimum physical distance of 2 meters/6 feet. If a rower is able to safely carry his/her own boat, he/she can bring his/her boat up by himself/herself
- b. Each athlete will be required to clean his / her own boat. Boats will be put on the stretchers at least 2 meters / 6 feet apart and washed off with water and cleaning soap. Then the boats will be rinsed.
- c. Each athlete will be required to clean his / her own oars. The oar handles will be washed and rinsed off prior to putting them away.
- d. At the end of the practice the coach will put the stretchers back in the club.
- e. Each coach will log all athletes that attended each practice. That file will be on a shared drive accessible by only the coaches and the board.

9. Dry land Training

In conjunction with the KRC Board of Directors, the Head Coach, John Oxley, will monitor WorkSafe NB and Province of New Brunswick daily to determine if and when modifications to this policy may be required.

- a. If the weather is warm but the wind prevents a practice than dry land training may occur. To do this the ergometers (ergs) can be brought outside where ample air flow occurs.
- b. Before and after the dryland workout, ergs will be wiped down with paper towel and a spray bottle of disinfectant or sanitizing wipes by athletes using the erg.
- c. If the weather is inclement, athletes will be instructed to remain home, and other workout instructions will be provided

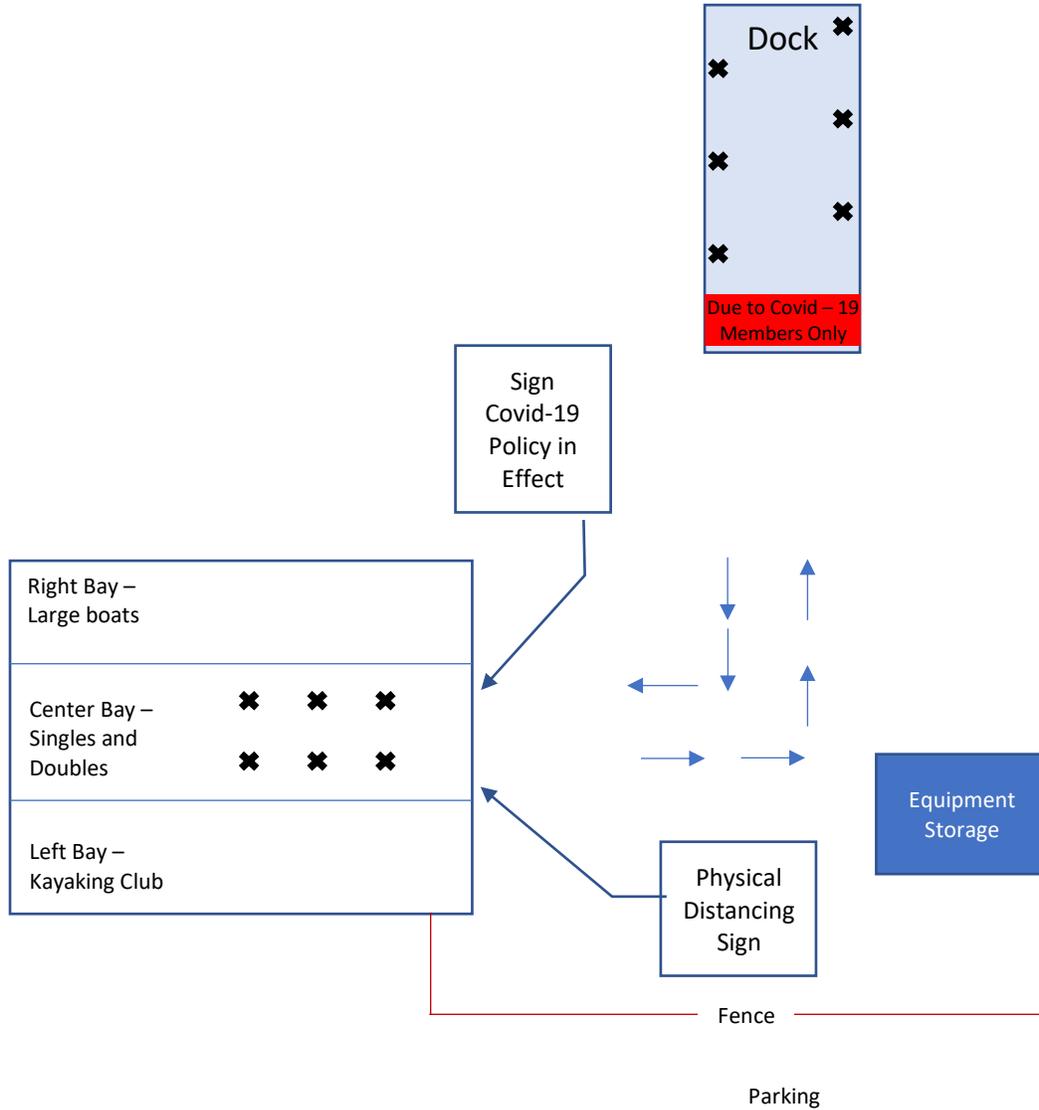
10. Club operation

- a. To minimize contact with equipment, the head Coach will fill the gas tanks for the coach boat.

11. Signage

- a. A sign will be placed on the exterior of the club indicating that the Covid 19 policies are in place.
- b. A sign will be placed by the shore end of the dock indicating members only can use the dock. Members using the dock must limit the numbers on the dock to 6 people at one time and maintain physical distance.
- c. Markings will be placed on the dock showing where athletes can stand to maintain 2 meters/6 feet.
- d. These policies will be posted on the club's website, outside the club and inside the club.

Site Signage



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