

Kennebecasis Rowing Club

COVID-19 Policy

Revision 2.0

29-June-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
- Cleaning Surfaces Properly
- Respiratory Etiquette.

Athletes are expected to practice physical distancing at the club house at all times. The World Health Organization (Appendix 1) and World Rowing (Appendix 2) recommend physical distance of 1 meter / 3 feet.

This revised policy integrates the guidance of Rowing Canada Aviron (Appendix 3), which lifts the restrictions on pair (2-) and double (2x) as of 29 June 2020.

1. To facilitate physical distancing and respiratory etiquette, a maximum of 15 athletes will be allowed to practice on the water at any time.
2. All rowers will be using small boats, which will be either singles (1x), doubles (2x) and pairs (2-). Only experienced athletes will be rowing, no learn to row sessions are being offered at this time.

In conjunction with the KRC Board of Directors, the Head Coach will monitor Province of New Brunswick and other appropriate guidance to determine if and when modifications to this policy may be required.

3. Pairs (2-) and Doubles (2x) can only be used by athletes that have been attending practices at the rowing club and have been rowing in singles (1x) at the club for at least 2 weeks. New experienced rowers to the club, must row a single for a minimum of 2 weeks before getting into a pair(2-) or double(2x).
4. Athletes must take home all their gear, including water bottles after each practice.
5. 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.
6. 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 occurs, please keep the coach apprised of the athlete's progress.

7. 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. Athletes will launch the coach boat, maintaining proper physical distance.
 - d. Prior to rowing, the coach will wash the handles of each set of oars with soap and water. Each athlete will be responsible for bringing assigned oars to dock.

In conjunction with the KRC Board of Directors, the Head Coach will monitor Province of New Brunswick and other appropriate guidance to determine if and when modifications to this policy may be required.

8. During Practice

- a. All rowers will be in small boats, no larger than a pair, double or single.
- b. One other person may ride in the coach boat as long as they have been screened prior to practice and maintain physical distance.
- c. 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.

9. At the end of practice

- a. Boats will be removed in a manner that they were taken down maintaining safe physical distance.
- b. Each athlete will be required to clean his / her own boat. Boats will be put on the stretchers while maintaining physical distance and washed off and rinsed.
- c. 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.

10. Dry land Training

- a. Dry land training may occur when conditions prevent on water training. Physical distancing must be maintained.
- b. If ergometer practices are held upstairs in the club house, windows are to be opened and ergometers to be spaced to ensure safe physical distance.
- c. Before any ergometer practices, machines will be wiped down with paper towel and a spray bottle of disinfectant or sanitizing wipes.
- d. If the weather is inclement, athletes may be instructed to remain home, and other workout instructions will be provided

11. Club operation

- a. Coaches will fill the gas tanks for the safety boats.

12. Signage

- a. A sign will be placed on the exterior of the club indicating that the Covid 19 policies are in place.
- b. These policies will be posted on the club's website, outside the club and inside the club.

In conjunction with the KRC Board of Directors, the Head Coach will monitor Province of New Brunswick and other appropriate guidance to determine if and when modifications to this policy may be required.