



## COVID-19 ON-WATER PROTOCOLS FOR MEMBERS

These protocols are effective July 2, 2021 and may change without notice. These protocols apply to members partaking in on-water coached sessions with the ERC.

### SCREENING PROTOCOL

Applicable for **every visit** to the ERC:

- Are you showing/feeling any COVID-19 symptoms? **YES / NO**
- Have you been exposed to anyone showing/feeling any COVID-19 symptoms? **YES / NO**

*If you answer “yes” to either of the questions we ask that you stay home and not come to the ERC.*

### FACILITY CONSIDERATIONS

- Both the change rooms and washrooms are open for use in the Indoor Training Facility (the Tank). Please ask a staff member for the code to access the facility. (See masking considerations when inside the training facility.)
- There will be no water cooler at the boathouse. Bring your own drinking water from home or fill up your water bottle in the Tank.
- There is an outhouse located by the Old Boathouse. The outhouse will be locked with a combination lock, ask a staff member for the combination.

### MASKING CONSIDERATIONS

- Outside and in the boathouse: based on personal preference, however, anyone not able to maintain 2m of physical distance from ERC staff should be masked.
- In the Training Facility: masks are required to be worn and are permitted to come off when athletes are actively training.

### COHORT CONSIDERATIONS

- Signing up for a cohort is no longer required.
- Anyone is allowed to row with anyone, so long as they are comfortable doing so.

## LOGBOOK CONSIDERATIONS

- Did you know? Completing the logbook has always been a requirement of ERC members, regardless of COVID-19.
- Although we will not be requiring members to indicate if they have completed the COVID-19 AHS Daily Checklist, the logbook is an essential tool in letting coaches and staff know when and where crews are travelling on the river. It tells us if everyone has returned safely from a row and it is a critical component of safety should a sudden weather condition arise while crews are out on the river.
- Each crew must fill out the logbook prior to launching and upon returning to the boathouse after a row. Filling out the logbook is the responsibility of either the coxswain or bow of a crew.
- See the [ERC On-Water Logbook](#).

## CLEANING & DISINFECTING PROCEDURES

- Did you know? Cleaning rowing equipment has always been a requirement of ERC members, regardless of COVID-19.
- Disinfecting rowing equipment is no longer required, although cleaning all equipment with soap and water after each use must still be completed. See Appendix A for the ERC Proper Equipment Care Procedure, or view/download a copy from [edmontonrowing.ca](http://edmontonrowing.ca).

## TRAINING PROCEDURE

1. Sign up for a training spot on the [ERC Practice Sign-Up Sheet](#).
  - o If you sign up for a session and can no longer make it, please remove yourself from the sheet as soon as possible to allow others the opportunity to row.
2. Arrive on site at your designated start time and sanitize your hands.
3. Assist with setting up the coach boat as needed.
4. Attend the pre-rowing meeting with your coach. Take this time to complete the first portion of the [ERC On-Water Logbook](#).
5. Take your equipment down to the dock. Ensure you have your personal flotation device (PFD), as per the ERC's new [PFD Policy](#).
6. Do what you came to do, row!
7. When you are done rowing, dock your boat. Take your boat up to stretchers and remove your equipment from the dock.
8. Assist with disassembling the coach boat as needed.
9. Clean your equipment, as per the [ERC Proper Equipment Care Procedure](#).
10. Complete the remaining portion of the [ERC On-Water Logbook](#).
11. Sanitize your hands and depart.

## FREQUENTLY ASKED QUESTIONS (FAQ)

### **Q. Do I still need to sign up for coached sessions?**

A. Yes. You must continue to use the sign-up sheet. Only 10 boats will be permitted per coached session. See the [ERC Practice Sign-Up Sheet](#).

### **Q. Do I still need to wear a mask?**

A. Yes and no. Mask use outside and in the boathouse is based on personal preference, however, anyone not able to maintain 2m of physical distance from ERC staff should be masked. Masks are required to be worn while in the Tank and are permitted to come off when athletes are actively training.

### **Q. Do I still need to maintain physical distancing?**

A. Physical distancing of 2m should be maintained between members and staff. If physical distancing is not possible (e.g., rigging a boat or setting up a coach boat) both members and staff should be masked.

### **Q. Do I still need to clean and disinfect my boat?**

A. Yes and no. All club equipment (boats, oars, NK speed/stroke coaches) must be cleaned after each row. See Appendix A for the ERC Proper Equipment Care Procedure, or view/download a copy from [edmontonrowing.ca](http://edmontonrowing.ca).

### **Anything else?**

Please respect others who may have different comfort levels than you in relation to COVID-19. Our club policies and procedures have been established to ensure all members feel safe, their health prioritized, and their comfort levels respected. We ask all ERC members to respect these policies and procedures, and the members of our community.

The ERC is encouraging all members to get vaccinated, but we recognize this decision is one that everyone must make on their own.

## POSITIVE COVID-19 TEST RESULTS

If you have tested positive for COVID-19 and are comfortable doing so, please email our Vice President.

Karah Harvey: [vicepresident@edmontonrowing.ca](mailto:vicepresident@edmontonrowing.ca).

## QUESTIONS?

Any questions, comments, or concerns can be directed to the Club Manager.

Jess Phillips: [clubmanager@edmontonrowing.ca](mailto:clubmanager@edmontonrowing.ca)

**FAILURE TO COMPLY WITH ANY OF THE ABOVE PUTS THE ERC AT RISK. ANYONE NOT COMPLYING WITH THIS PROTOCOL MAY HAVE ERC MEMBERSHIP PRIVILEGES REVOKED.**



## **APPENDIX A: PROPER EQUIPMENT CARE PROCEDURES**

Rowing shells and equipment are susceptible to damage and must be treated with care. The equipment of the Edmonton Rowing Club is imperative for our operation. It is expensive and difficult to repair and/or replace in a timely fashion. Equipment is shared among all programs of the ERC and therefore is important to handle it with utmost care to ensure longevity.

Members and program participants are expected to demonstrate proper boat care and handling while on land and water. Each rower in a Club owned boat shall assume responsibility for the care and maintenance of the boat before, during, and after training.

### **BEFORE EACH OUTING**

- o Check all nuts and bolts before each row. Never row with a loose footstretcher or rigger.
- o Check your heel ties, ensuring hands free release of the feet is possible
- o Ensure all parts are tight before a row is imperative. You do not want your boat to become un-rowable when out on the water!

### **AFTER EACH OUTING**

- o Wash hulls, oarlocks, seats and slides, and oar handles with soap and water. Wipe dry with a towel.
- o Extra attention should be given to all metal parts of boats including seats, slides, oarlocks, riggers, and steering. Even the smallest amount of grit getting into these parts can cause rapid wear.
- o Make sure all oarlocks are closed.
- o Open all plugs and vent caps to facilitate drying.

### **WEEKLY**

- o Wash hulls, oarlocks, seats and slides, and oar handles with soap and water. Wipe dry with a towel.
- o Oarlocks and pins: put a drop or two of oil on the pin before reassembling.

If at any point you notice equipment is in need of repair or has been damaged, see the [ERC Repairs & Damaged Equipment Procedure](#).

These procedures are read in conjunction with the [ERC Proper Equipment Handling Procedure](#).