



## COVID-19 ON-WATER PROTOCOLS FOR PROGRAM COACHES

These protocols are effective May 3, 2021 and may change without notice. These protocols apply to program coaches of the ERC running on-water sessions.

### 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**
- Have you completed the COVID-19 Alberta Health Daily Checklist? **YES / NO**

You are required to complete the COVID-19 Alberta Health Daily Checklist **each day before** you leave your home to come to the ERC. The checklist can be found online [HERE](#).

*If you answer “yes” to the first two questions or if you fail to complete the assessment you must not come to the ERC.*

### FACILITY CONSIDERATIONS

- Everyone is required to wear a mask while on site. Masks are permitted to come off only when you are actively coaching from the safety boat.

### COACHES KIT

- Mask**  
Everyone is required to wear a mask while on site. Masks are permitted to come off only when athletes are actively training on the water.
- Designated Coaches Bag**  
A small bag that contains 2 sets of disposable gloves, 2 disposable masks, and hand sanitizer.

### COACHING PROCEDURE

1. Arrive on site and sanitize your hands.
2. Everyone is required to wear a mask while on site. Masks are permitted to come off only when athletes are actively training on the water.
3. Encourage all athletes to assist in the set-up of the safety boat.

4. Have a pre-row meeting with your athletes prior to launching. Take this time to ensure all athletes fill out the first portion of the [ERC On-Water Logbook](#) and have their own personal flotation device, as per the ERC's new [PFD Policy](#).
5. There are to be no guests or co-coaches in your safety boat.
6. Launching:
  - Take your designated coach bag with you in the boat.
  - Sanitize your megaphone, safety boat, motor, motor handle, and rope.
  - Ensure that you are on the water before your first athlete launches.
  - Once on the water, be mindful of your wake.
  - Be mindful of the experience level of those on the water.
7. When the rowing session is complete, encourage all athletes to assist in the take down of the safety boat.
8. Ensure your athletes clean and disinfect their equipment, as per the [ERC On-Water Cleaning & Disinfection Procedure](#).
9. Have a post-row meeting with your athletes. Take this time to ensure athletes fill out the remaining portion of the [ERC On-Water Logbook](#).
10. Sanitize your hands and depart. There is no time or space for socializing.

### **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.**