



COVID-19 PROTOCOLS FOR INDOOR ROWING

These protocols are effective November 1, 2021 and may change without notice. These protocols apply to anyone accessing the indoor training facility.

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

- The Indoor Training Facility (the Tank) is open for use. Please ask a staff member for the code to access the facility. (See masking considerations when inside the training facility.)

MASKING CONSIDERATIONS

- Masks are required to be worn while in the Tank and are permitted to come off when athletes are actively training.

CLEANING PROCEDURES

- Did you know? Cleaning indoor rowing equipment has always been a requirement of ERC members, regardless of COVID-19.
- See Appendix A for the ERC Proper Equipment Care Procedure, or view/download a copy from edmontonrowing.ca.



FREQUENTLY ASKED QUESTIONS (FAQ)

Q. Do I still need to wear a mask?

A. Yes. 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 equipment?

A. Yes. All club equipment (ergometers and tank seats) must be cleaned after each use. See Appendix A for the ERC Proper Equipment Care Procedure, or view/download a copy from 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: vicepresident@edmontonrowing.ca.

QUESTIONS?

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



RESTRICTIONS EXEMPTION PROGRAM INFORMATION

The ERC has elected to partake in the provincial “Restriction Exemption Program” (REP) because of the ongoing COVID-19 pandemic. Familiarize yourself with REP, particularly in relation to Sport, Fitness and Performance Activities.

<https://www.alberta.ca/covid-19-public-health-actions.aspx>

REQUIREMENTS

- o Before participating in any indoor ERC activity, every adult (18 years or older) member or participant must provide:
 - o Proof of COVID-19 vaccination; or
 - o Proof of negative test (taken within the last 72 hours); or
 - o Medical exemption

- o Before participating in any indoor ERC activity, every youth (under age 18) member or participant must:
 - o Complete screening for COVID-19 symptoms
 - o Maintain 2 meter social distancing
 - o Wear a mask when not performing physical activity

PROOF OF VACCINATION/ MEDICAL EXEMPTION

Members over the age of 18 must provide proof of vaccination or a medical exemption before every ERC indoor activity. ERC coaches will not accept proof of vaccination or a medical exemption in any situation. Members will not be required to produce proof each session, but must check in with an ERC coach on entry to the building. This information must be provided before the start of any ERC indoor activity. Members can provide this information to Mei Wah Fong (Membership Director): membershipdirector@edmontonrowing.ca. Once proof is confirmed, members will not be required to show proof again, but must check in with the session coach upon entry to the facility.

NEGATIVE COVID-19 TEST

A negative COVID-19 test completed within the past 72 hours of any ERC indoor activity must be presented to the ERC coach present. For information about COVID-19 tests and where to get them visit <https://www.albertahealthservices.ca/topics/Page17058.aspx>



INDOOR FACILITY EQUIPMENT

AFTER EACH USE: ERGOMETERS

- o Wash handles, seat, and slides with disinfectant. Wipe dry with a towel.
- o *Do not* spray disinfectant directly onto the PM screens. Spray into a towel and wipe.

AFTER EACH USE: TANK SEATS

- o Wash oarlocks, seats and slides, and oar handles with disinfectant. Wipe dry with a towel.
- o Extra attention should be given to all metal parts such as slides. Even the smallest amount of grit getting into these parts can cause rapid wear.

EQUIPMENT REPAIRS & DAMAGE

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](#).