

ARGONAUT ROWING CLUB



ARC Back to Rowing Plan (COVID-19 Rules)

Phase 3 September 19th

Note: This plan is subject to change, based on direction from the provincial or City governments or guidance from RCA or Row Ontario.

Phase 3

Allocations begin expanding to include crew boats, where crews meet *Rowing Circle guidelines
Facility limited access only; phased reopening with controlled supervised pilot preceding any announcement of broader reopening
Strict 'on property' guidelines, sanitation procedures, distancing and masks
No grouping on dock, everyone 2 meters apart unless in a crew

Below are the strict guidelines and procedures everyone must read, understand and adhere to.

Athlete procedures

Dock procedures

Building procedures

Boat Washing Procedures

Sanitation Guidelines

Waste removal

Boat Allocation

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Rowing Canada Guideline Definitions

Rowing Circle: A defined number of individuals who regularly are rowing together and come within 2m of each other while participating in rowing activities. Each rowing circle could contain crew with substitutes, coxie and coaches depending on your program design and set up.

Cohort: A defined number of individuals who interact with each other within the rowing environment while maintaining physical distancing of 2m at minimum. The cohort should only include the same individuals. Cohorts may have multiple rowing circles operating within them as well as individual rowers.

Rowing Circle* not to exceed 15 people.

Cohort* size not to exceed 100 individuals. Row Ontario recommends that cohort size be limited as much as possible to manage risk.

<https://rowingcanada.org/covid-19-updates/>

Athlete procedures

1. Members must scan in at the gate individually and carry their access card everywhere.
2. By scanning your access card, you agree and confirm:
 - a. **You have done** a Health Self-Assessment, and we are well enough to row (see this link for how to self-assess - <https://ca.thrive.health/>)
 - b. **You do not belong to** an at-risk group (those over the age of 65 and/or those with comorbidities).
 - c. **Or, if you do belong to an** at-risk group, that you willingly accept the risk associated with rowing at this time.
3. **All Athletes must contain their supplies in Ziplock type bags / containers**
 - a. Water bottles must be in a Ziplock or similar bag, and should be filled at home
 - b. Waste must be put into a Ziplock or similar bag before being disposed of
4. Athletes will arrive dressed for their workout, and will not change onsite, and will leave immediately after their row.
5. Athletes will practice physical distancing in the parking lot
6. If members arrive on a bicycle, with a knapsack, their knapsack should go in a cubby and the member should clean the cubby after they remove their knapsack.

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7. It is recommended that everyone download the **COVID Alert App** on their smart phones
<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html>

Dock procedures:

1. Everyone must have an access card or tag.
2. You must swipe your access card when you enter the Club through the gate. Do not let anyone “piggyback”. For public health reasons, we must know who is in the Club at all times, so that if there is an outbreak of COVID-19, everyone who was here at that time may be contacted. This includes scenarios where you know the other person is a member, or you are in the same crew/family. We need to track every individual who accesses the club and our equipment in order to comply with contact tracing rules from the governing bodies.
3. Masks must be worn anywhere on the club property, including the parking lot, the dock, boathouse, washrooms, change rooms, and training rooms. You may remove your mask after you launch, but you need to have it back on before you land.
4. Under these unprecedented circumstances, you have now been warned as to what the rules are. From now on, we are operating under the assumption that all members are under a verbal warning to follow these procedures. This means that any violation will lead to a three-day (or longer) suspension, **as it will be treated as a second violation**.

Dock

- The standard dock rules apply, the COVID-19 Rules are in addition to those, and not meant to replace them. In cases where the COVID-19 Rules are contrary to the standard ones, the COVID-19 rules take precedence.
- Respect physical distancing rules (stay 2 meters apart) while on the dock.
- Absolutely no personal items may be left on the dock while rowing. **In particular, you may not leave your shoes on the dock while on the water. Take them with you in the boat.**
- If you take a bottle of water with you in the boat, it must be in a sealable, zip lock bag.
- Your mask must remain on your face, covering your mouth and nose, until your oars clear the dock and must be put back on before your oars are over the dock

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again. You may choose to wear it or not while on the water, subject to standard physical distancing guidelines.

Scheduling

- Once the club boats are in rotation, the standard rules will apply on having to get an allocation before being able to take the boat. The [allocation request](#) should be filled when requesting club equipment including the names of all the crew members, and Fluidesign singles will be available subject to the [elite singles allocation guidelines](#).

Building procedures:

- Masks are now a requirement everywhere at ARC
 - Before anyone walks through the gate
 - Including in the boat house, athletic facility or on the docks
 - Not required to be medical grade masks
- Wash and sani-stations have been added around the dock and boathouse. When you arrive at the Club—wash or sanitize your hands before touching anything.

Sanitation Guidelines:

- During our Back to Rowing phases sanitation will be a critical component of mitigating risk to our members, and to stop the spread of COVID
- Everyone must comply with these guidelines for the club to continue to be opened and to prevent a closure
- These procedures are not meant to replace provincial and municipal guidelines and restrictions but are to be followed in addition to them.
- As noted, masks must be worn anywhere on the club property, covering nose and mouth, but may be removed after you launch. Put it back on before you land.
- Also, as noted, under these unprecedented circumstances, you have now been warned as to what the rules are. From now on, we are operating under the assumption that all members are under a verbal warning to follow these procedures. This means that any violation will lead to a three-day (or longer) suspension, **as it will be treated as a second violation**.

Personal Hygiene

- Masks are to be worn at all times while at the club. Masks may only be removed while on the water.
- All members/club attendees must conduct a [self-assessment check](#) prior to return to the club (in any capacity – as a volunteer/coach/athlete)
- All members must continue self-monitoring on a daily basis.

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- Members must familiarize themselves with the following resources prior to attending at ARC, so they may make an informed decision on their attendance based on their personal risks:
 - [Information on at-risk populations](#) (Government of Canada)
 - What is the difference between [quarantine and self-isolation?](#) (Government of Canada)
 - How do I [self-monitor?](#) (Public Health Ontario)

Hand Washing

- A dispenser of hand sanitizer is available at the entrance to ARC, and there is also a tap with water and soap inside the gate. All members must wash or sanitize their hands immediately upon entering through the metal gate.
- Any paper towels that are handled for personal use must be disposed of in closed containers marked for safe disposal.
- Used tissues must be disposed of in closed containers marked for safe disposal

Boat Sanitation

Any boat and/or oars being used by more than one person needs to be washed **before and after** each row. There are designated areas on the dock to do so.

- Fill a bucket with a small amount of soap and lots of water
- Clean oar handles and anywhere on the oar that was touched—remember: you carried the oars off the dock. Where did you touch them?
- Go over the boat with a soapy sponge, focusing on areas that are touched: gunwales, seats, riggers, and gates.
- Using the hose, quickly rinse off any soap suds, wash your hands again, dry off the boat, and return the boat to its rack, or carry it onto the dock, depending on whether you are landing or launching.
- Turn off the hose when you have finished rinsing your boat, because this is metered water.
- Crew Boats that cannot be washed on the concrete pad due to space must be washed on the dock with buckets of soap and water, and rinsed using lake water

Waste removal:

- We ask that you take home anything you bring with you. No food may be brought into the club.

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- Anything left on the dock will be disposed of daily. Including water bottles, clothing or anything damp
- Small, foot opened, waste containers will be emptied daily, using proper preventive procedures and PPE

Boat Allocation

- Boats will be allocated (through the usual process) to approved doubles or pairs, who are approved by coaches.
- Quads will be allocated to two doubles or two pairs who are in each other's Rowing Circle or to Rowing Circles of four single scullers or members
- Coxed fours will be allocated to two doubles and two pairs in each other's Rowing Circle, along with a coxswain, or to Rowing Circles of four single scullers or members
- The coxswain must wear a plastic face shield (unless in a bow loader) as well as a mask, at all times, including while in the boat on the water.
- **Crews must be in each others Rowing Circles as defined at the beginning of this document and by Row Ontario**

Phases of ARC Back to Rowing Plan

These are the 4 Phases we foresaw the club navigating as we reopened operations. They will be adjusted as needed. There is no specific date for the last phase of reopening; this will depend on the success of Phase 3 and the guidance from the government.

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Phase 1

Club opens to Private Singles only
No access to facility or washrooms
Strict 'on property' guidelines, sanitation procedures, distancing and masks
No groups, everyone 2 meters apart

Phase 2

Allocations open, Singles only, or 'Household' pairs
Limited access to facility, essential washrooms use only
Strict 'on property' guidelines, sanitation procedures, distancing and masks
No groups, everyone 2 meters apart

Phase 3

Allocations begin expanding to include crew boats, where crews meet *Rowing Circle guidelines
Facility limited access only; phased reopening with controlled supervised pilot preceding any announcement of broader reopening
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No grouping on dock, everyone 2 meters apart unless in a crew

Phase 4

Fully opened (taking lead from government)
Programs resume (in augmented formats where necessary)