

FALSE CREEK ROWING CLUB



False Creek Rowing Club

Return To Rowing

June 3, 2020

Updated July 28th 2020 (p15 purple text)

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False Creek Rowing Club COVID-19 Response Goal

In line with our strategic goal of providing a safe, respectful, and welcoming environment, the False Creek Rowing Club will take steps to prevent rowers, coaches and volunteers from being exposed to the COVID-19, or any other, virus.

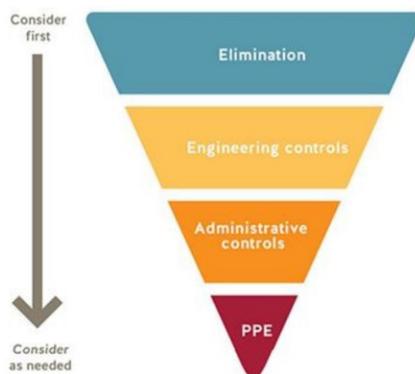
The goal for our programming is to make the risk of participating in rowing to be as low as reasonably practical. The following is how we will prevent the further transmission of this virus in our broader community.

Five Principles For Every Situation

Personal Hygiene:	Stay Home if You Are Sick:	Environmental Hygiene:	Safe Social Interactions:	Physical Modifications:
<ul style="list-style-type: none"> • Frequent handwashing • Cough into your sleeve • Wear a non-medical mask • No handshaking 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self-isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhance surface sanitation in high touch areas • Touch-less technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

Guidance from Rowing BC:

To reduce the risk of the virus spreading through droplets in the air, implement protocols to protect against your identified risks. Different protocols offer different levels of protection. Wherever possible, use the protocol that offers the highest level of protection. Consider controls from additional levels if the first level isn't practicable or does not completely control the risk. You will likely need to incorporate controls from various levels to address the risk at your club.



First Level of Protection – Use policies and procedures to limit the number of staff, volunteers and participants at your club at any one time. Rearrange spaces and schedule activities to ensure that staff, volunteers and participants are at least 2 m (6 ft.) from anyone else.

Second Level of Protection – If you can't always maintain physical distancing, install physical barriers to separate people.

Third Level of Protection – Establish rules and guidelines, such as posted occupancy limits for shared spaces, designated waiting areas, and one-way doors or walkways to keep people physically separated.

Fourth Level Protection – If the first three levels of protection are not enough to control the risk, consider the use of non-medical masks. Be aware of the limitations of non-medical masks to protect the wearer from respiratory droplets. Ensure workers are using masks appropriately.

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Section 1: Club Knowledge about the COVID-19 Pandemic

FCRC Covid-19 Contacts

- President Simon Litherland
- Medical Officer Don Marshall, DMD
- Medical Committee Daniel Djun, PhD
- Medical Committee Chloe Gao (pending)
- Communications Eve Limbrick Oldfield, PhD
- Communications Stephanie Finkenwirth,

Contact information is on the appendix to this document.

This FCRC document reflects the Return to Rowing documentation published by Rowing BC and Rowing Canada Aviron that includes considerations by WorkSafeBC and viaSport's Return to Sport plans. Details are listed below in the Rowing BC document included later in this document.

Information Sharing

FCRC will share best practices through:

- The FCRC newsletter for general information:
 - <https://us7.campaign-archive.com/home/?u=714f464ae1159ef3cd2272198&id=c0a04770ad>
- WhatsApp for urgent and immediate changes and updates:
 - Contact information is on the appendix to this document.
- Email to the membership (using membership lists generated from the RCA membership system) for changes to policy and procedures.
 - <https://membership.rowingcanada.org/JoinProgram?id=183>
- Conference Calls will be held through the False Creek Rowing Club's Webex video conferencing system:
 - Contact information is on the appendix to this document.
- Physical posting of information at the Compound

High Risk Areas

The False Creek Rowing Club involves rowing in the False Creek waterway, a location that does not have controlled access. There is semi-controlled access to our compound in that a finite number of people have access to the site.

Examples of a semi-controlled spaces and items where the number of individuals in contact is controlled and monitored.

- Oar Storage & Oars
- Boat Racks and Boats
- Coach Boat, engines and safety equipment

Examples of uncontrolled spaces

- Locks to the FCRC compound
- Docks
- Roadways
- Vancouver Park Board washrooms

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Section 2: Club Policies Regarding COVID-19

Policies Related to Covid-19

The FCRC has created a number of policies with respect to Covid-19. These can be found later in this document.

- These will also be posted on our website home page: <http://www.falsecreekrowingclub.ca/>

Revised language in member agreements

- All members wishing to row during the Return To Rowing phase of the Covid-19 pandemic are required to complete a new program membership within the Rowing Canada Aviron membership system:
 - “2020 Return To Rowing” listed here: <https://membership.rowingcanada.org/JoinProgram?id=183>
 - Doing so will require them to accept the updated RCA waiver specific to Covid-19. Additionally, the members will have to acknowledge the following:
 - *Completing this program also provides confirmation you have accepted the updated RCA waiver, which now includes wording to address the World Health Organization pandemic.*
 - *By joining this program, you accept the restrictions and obligations related to the current COVID-19 pandemic that the False Creek Rowing Club has put in place and will be posted and available on its website and at the compound.*
 - *You recognize that the False Creek Rowing Club compound is a semi-controlled space where entry is limited and use may be traced. Everything else, from the locks on the gates, the dock, waterway and roadway in between is an uncontrolled space over which the False Creek Rowing Club and its members have no way of limiting or monitoring access or use.*

Communication of the re-opening plan

Members will be sent the requirements under which rowing is permitted through email, and the material will be posted on our website homepage. Additionally a link from the RCA Membership System “2020 Return To Rowing” program will refer to the document.

Functionally, for each member returning to row, at their first rowing session in the current climate, it must be at a coached session where each member will be taught the protocols by which FCRC is obligating the actions of its members to reduce the risk of COVID-19 transmission.

Coaches (paid and volunteer) will be instructed in our protocols by the communications team, and will then pass those processes to athletes in their care, and those learning protocols for independent rowing. The training may initially be informed with video conference call, but physical walk throughs will be required to ensure that a solid understanding is in place in order to make the process repeatable.

FCRC’s designated communications volunteer is Eve Limbrick Oldfield. Her contact information is on the appendix to this document.

Penalties related to transgressions of Covid-19 Protocols and Policy

The FCRC has in its constitution a goal of providing a safe, respectful, and welcoming environment. Intentionally flouting the policy, rules and protocol of the FCRC Covid-19 response creates an unsafe, and potentially threatening environment to other members. The Board will take action based on investigation of the transgression, and the underlying intention where possible. Penalties may range from verbal reinforcement of the correct protocol to termination of membership

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and reporting actions to the relevant authorities and will be determined by the Board of directors under their existing authority granted by the FCRC's bylaws.

Section 3: Club Awareness about Public Health Information Relating to COVID-19

The Club will receive information regarding public health matters from

- RCA email, newsletters, conference calls
- Rowing BC email, newsletters, conference calls
- BC Centre for Disease Control <http://covid-19.bccdc.ca/>
- Vancouver Coastal Health Authority. <http://www.vch.ca/covid-19>
- WorkSafe BC <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>
- City of Vancouver <https://vancouver.ca/home-property-development/covid-19-coronavirus-within-vancouver.aspx>

The False Creek Rowing Club medical committee is responsible for monitoring the information from the agencies above and escalating relevant details to the communications team. Names of the committee are on the Appendix document.

Information will be communicated to the appropriate audience as per the protocols identified in Section 1.

The FCRC will use the acknowledgement of risk provided through the RCA membership system. Confirmation of this acknowledgement will be made by each member as they sign up for the "2020 Return To Rowing" program. If members have not joined this program, they will be prohibited from participating in the activities of the club until the Health Emergency ceases to be in effect within our jurisdiction.

Section 4: Club COVID-19 Health Monitoring and Information Recording

The FCRC relies on the BC Centre for Disease Control to define who is a member of an "at risk" population. This definition is available here: <http://www.bccdc.ca/health-professionals/clinical-resources/covid-19-care/clinical-care/vulnerable-populations>.

The FCRC requires all members to determine whether they are members of an "at risk" population. Should they find themselves at risk, they should treat themselves accordingly. The FCRC will not attempt to perform medical assessments on its members. The FCRC will take actions to conduct itself on the basis that all individuals have an unknown level of risk and make conservative decisions with respect to its related actions under the Covid-19 pandemic.

Each member will complete a self assessment prior to traveling to the compound. Confirmation of completion of this self assessment will be made by the coaches verbally, or by the athlete if rowing independently. Athletes and coaches will indicate their confirmation and attendance on the FCRC's Google Sheets attendance and boat management system to allow contact tracing to be performed if required.

During the public health response, the FCRC will:

- not conduct lessons for non-members
- require that each member complete a health screening prior to attending a practice at the FCRC.
- refrain from rowing shells that have more than 1 crew member unless all members of the crew are declared to be a single family unit
- not perform any ergometer demonstrations in person
- provide coaches (volunteer or paid) for group sessions

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- limit the number of athletes on the water to 5, in addition to the coach for a total of 6 individuals.
- Provide a wash station for the use of athletes to use soap and water for cleaning their hands and small items as necessary.
- Limit access to our compound to reduce the number of locations where individuals may come in contact with one another.
- Require individuals to provide their own Transport Canada approved personal floatation device if rowing more than 500 metres away from a coach in a safety boat.

Information will be communicated to the appropriate audience as per the protocols identified in Section 1. Changes will be distributed to the membership. Possible self-isolation and quarantine requirements will be provided through signage at the compound and are included within the BC CDC directives. The FCRC Medical Committee will take actions as they see fit related to self isolation and quarantine requirements.

Any individual associated with FCRC (member, coach, volunteer, etc.) who becomes symptomatic, on the basis of completing the self assessment tool, should inform one of the following through email AFTER contacting their public health office through calling 8-1-1:

- Any member of the Board of Directors
- Medical Committee or
- the Communication Volunteer

An individual thinking that they may have had an exposure to a carrier of Covid-19 should contact their public health office and then contact one of the individuals on the groups listed above. Any such individual should refrain from rowing for a period of the greater of 14 days or the cessation of symptoms.

Additionally, individuals with a suspected or confirmed case of Covid-19, those who have received a Covid-19 test as a precaution or those who has been diagnosed with COVID-19, should refrain from all FCRC activities until after they are no longer considered a threat to the club. At a minimum, this would be a period greater than either 14 days or the until cessation of symptoms as determined by a professional health care worker. These details should be relayed to the medical committee.

Boat booking and Health Screening records will be maintained by Google's "sheets" product. As the details contain only confirmation of screening confirmed but not data on health states, individual privacy is ensured. Health screening records or confirmations will be destroyed by the end of the pandemic. Links to these documents are in the Appendix document.

Boat and Oar Control, as well as Coached Session Documentation will also be maintained on Google Sheets. Links to these documents are in the Appendix document.

Section 5: Club COVID-19 Operational Considerations

The FCRC compound, a semi-controlled space with a 2 metre chain link fence and large lockable gates, will be controlled through combination locks. The combinations are only available to the membership who will be determined through their registration in the RCA Membership Registration System, and the Burrard Civic Marina management who are staff of the landlord: the Vancouver Park Board.

Non-members are not permitted in the compound, except in exceptional circumstances for health and safety reasons. For this reason, the FCRC will not provide rowing lessons to members of the public during this time.

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The capacity of the compound is 6 in line with best practices from health partners. This number may be composed of rowers, coaches or other members. The details regarding movement within the compound are outlined later in this document, under FCRC policy and protocols to retain physical distancing guidelines.

In terms of activity outside the compound, the dock is provided by the Vancouver Park Board and is an uncontrolled space. We do not have the option to clean or sanitize the dock, and efforts to that effect would be a) detrimental to the environment and b) operationally unsustainable. To avoid contact with uncontrolled space, wet launching is the preferred launch method as it maintains the greatest control of the space by the individual rower or coach.

All areas outside the compound are uncontrolled and subject to regulation by existing federal, provincial and municipal legislation. They should not be considered free of viral transmission less than that present in the community at large.

Individuals with privately owned rowing shells will be constrained to the same washing and transmission prevention protocols as individuals using club owned equipment. These members will be obliged to complete the FCRC washing and sanitizing orientation prior to using their equipment.

Personal Floatation Devices are not to be shared between users. Transport Canada certified PFD's must be carried by each rower unless being accompanied by a safety or coach boat that remains within 500 metres of the rower and the rower is visible to the operator of the safety, or coach boat.

Members are not to drink from club hoses, or faucets. Beyond being dirty, the hoses that provide water are not for potable water and may contain trace amounts of unpleasant elements that ought not to be drunk.

Section 6: Multiuser Group and Public Access

The Club compound is not considered a Multiuse Group Space and does not have public access.

Section 7: Physical Spaces

Coach and Safety boat equipment will be stored in the green sheds. Rowers do not need to access these spaces. Coaches can store their personal belongings in this space. Transport Canada Safe Boating required articles are in large black hockey bags that can be placed in each coach boat as needed.

Rowers will access the left portion of the red shed to access oars. Storage of personal belongings can be left in the cubbyholes to the left of the red shed under the awning behind the lockable door.

Engines will be stored in the red shed as normal.

Only coaches and club administrators will access the right-hand side of the red shed.

Only administrators will access the right-hand green shed.

Given the outdoor semi-controlled nature of the club, there is no formal cleaning staff. Volunteer cleaners will submit health checks prior to performing any cleaning duties. The rowing shells will be cleaned thoroughly as a result of the Covid-19 protocols. Cleaning will entail using the club's supply of sanitizing spray on common surfaces as indicated in the substances instructions.

FCRC's sanitizing fluids are compliant with the Government of Canada's list of effective Covid-19 hard surface disinfectants found here: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>. Currently, the club uses a sanitizing fluid containing 4.5% Didecyl Dimethyl Ammonium Chloride available in bulk from Canadian Tire. Details on this product can be found here:

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<https://www.chemtextltd.com/products-and-solutions/performance-chemicals/biocide/didecyldimethylammonium-chloride/>. It has the following features:

- Excellent disinfection and detergency
- Non-corrosive to system metallurgy
- Highly concentrated for low dosage
- Eco-friendly, biodegradable and skin-friendly
- High efficacy against SPC, Coliform, Gram positive, Gram negative bacteria, and Yeast

Off limits areas will be signed to discourage entry.

Section 8: Hand Washing and Hygiene

The club has purchased a supply of cleaning and sanitizing agents and devices for use at the club: it is not meant for personal use except while engaged in rowing. Supplies will be purchased from Canadian Tire by a contact listed in the appendix to this document.

A hand washing station in the north east corner of the compound, using non-potable water, is available for participants to wash their hands with soap and water, and to apply hand sanitizer.

Washrooms are not provided by the FCRC. The Vancouver Park Board provides washrooms nearby and their use is at the risk of the individual choosing to go in there.

Garbage bins will be provided for disposal of cleaning supplies.

Section 9: Rowing and Safety Equipment

Rowing equipment will be assigned through a Google Sheet for oars and shells.

Use of rowing equipment will be completed through a separate Google Sheet so that users can determine if there is available equipment, if it is in use and whether there is sufficient separation between users to allow for sufficient cleaning.

Procedures and specifics for washing equipment with soap and water, and sanitizing equipment have been developed and are listed in the Procedures listed in the appendix document under “Coached Session Procedures”. Rowing equipment is to be cleaned by the user, and coaching equipment is cleaned by the coach.

FCRC safety equipment will be tracked using the same sign out procedure on Google Sheets as rowing shells.

Please note the cleaning process for rowing shells and safety equipment itemized later in this document.

Cleaning procedure sessions will be held periodically. Prior to rowing as a group, or individually, in club or private owned boats, an individual must complete a cleaning procedure orientation. This is also true of coaches and safety boat operators.

Rowing will be primarily in singles. “Family” groups may row together in 2 person boats based on the rowers declaring their arrangement and maintaining their access to the same two person boat for all future rows as outlined in the Coaching Section Procedures and oar and shell listing, see appendix for link.

Effective June 20th, 2020 athletes may row with a “expanded bubble” partner in a static crew in a 2 person boat. This crew must be registered in the oar and shell listing Google sheet and is not subject to alteration without review by the Communications committee.

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Section 10: COVID-19 Response Plan and Communications

Rowing BC, Rowing Canada Aviron, Transport Canada's Office of Boating Safety - Pacific and the Vancouver Park Board will be notified when we initiate rowing practice via the following email addresses:

Dave Calder	Executive Director, Rowing BC	david.calder@rowingbc.ca	604.273.4769
Stephen McMurray	Member Services, RCA	smcmurray@rowingcanada.org	250.220.2579
Michele Fung	Transport Canada – Office of Boating Safety	michele.fung@tc.gc.ca	604-666-3407
Tim Collins	Vancouver Park Board – Marina Operations	tim.collins@vancouver.ca	604-257-8437

In the event that a member of the FCRC is symptomatic or has a suspected case of COVID-19...

Prior to attending a practice:

- they should complete a health check and determine that they should not attend practice.
- They should report it to the president via president@falsecreekrowingclub.ca who will engage the FCRC medical committee.
- They should take actions as determined by community health partners: <http://www.vch.ca/covid-19>

During a practice:

- The individual should immediately inform others of the situation and place their boat in the compound then take actions as determined by our health partners.
- The coach should report the matter to the president via president@falsecreekrowingclub.ca who will engage the FCRC medical committee.
- The equipment used will be declared unavailable for 48 hours to allow time for viral degradation naturally.
- The other individuals at the practice will be made aware of the situation by the coach.

Following a practice:

- They should report it to the president via president@falsecreekrowingclub.ca who will engage the FCRC medical committee.
- They should take actions as determined by community health partners: <http://www.vch.ca/covid-19>

If an individual tests positive for Covid-19, the club will cease operations and will contact Vancouver Coastal Health for direction. Additionally, RCA, Rowing BC and the FCRC Medical Team will be informed.

- Dave Calder Executive Director, Rowing BC david.calder@rowingbc.ca 604.273.4769
- Stephen McMurray Member Services, RCA smcmurray@rowingcanada.org 250.220.2579
- Vancouver Coastal Health 8-1-1
- FCRC Medical and Communication Committee contact details are available in the appendix document.

Subsequent to the positive result the club will remain closed for a minimum of 72 hours and will not reopen without the unanimous approval of the Board of Directors and the unanimous approval FCRC Medical and Communication Committees.

The initial dedicated isolation space for the FCRC is across Whyte Avenue from the compound, away from other individuals. Then they should relocate to their homes and determine next best steps for their personal situation based

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on the advice of community health partners such as Vancouver Coastal Health. They should report their circumstances as quickly as possible.

FCRC utilized 9-1-1 emergency response services for medical emergencies. There is no designated Occupational First Aid Attendants.

If there is a confirmed case of COVID-19, the club will work with the authorities to perform contact tracing to define and understand the community risk so as to reduce the opportunity for spread. The assumption is that the club will cease operations for a period of at least 14 days, or as advised by public health officials.

Members will be informed as per the communication process in section 1.

Section 11: Approvals, Publishing and Transparency

This document outlining the False Creek Rowing Club's Return To Rowing was committed to FCRC Process at a Board of Director's Meeting date June 3rd, 2020.

The following individuals are on the Board of Directors

- Simon Litherland, President vote: for
- Jessica Lowe, Secretary vote: for
- Kuhan Milroy, Treasurer absent
- Lauren Isbister, Member At Large vote: for
- Jennifer Nash, Member At Large vote: for
- Dr Don Marshall, Member At Large vote: for
- Hoa Ly, Member At Large absent
- Gene Cashman, Member At Large absent

A hard copy of the Safety Plan will be available in the red shed within the compound.

A digital copy of the Safety Plan will be available on the home page of the FCRC web site once approved:

- <http://www.falsecreekrowingclub.ca/>

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ROWING BC RETURN TO SPORT GUIDELINES:

Developing COVID-19 Reopening Safety Plans

May 30, 2020

Purpose The purpose of this document is to provide Rowing BC Member Organizations with:

- (1) The required steps to reopen; and
- (2) The resources to develop a COVID-19 Reopening Safety Plan.

Steps to Reopen Rowing BC Member Organizations must:

- (1) Successfully complete the Rowing Canada Aviron (RCA) Risk Assessment and Mitigation Checklist Tool and maintain a copy on file;
- (2) Create a COVID-19 Reopening Safety Plan that meets the Rowing BC Return to Sport Guidelines; and
- (3) Approve and publish and/or post a COVID-19 Reopening Safety Plan.

Disclaimer

The Return to Sport Guidelines are intended to be used for the purposes of developing a COVID-19 Reopening Safety Plan. While it aims to provide relevant and timely information, because information known about the COVID-19 coronavirus and recommended health and safety measures can rapidly change, no guarantee can be given as to the accuracy or completeness of any information provided in the guidelines.

It is important to note that the Return to Sport Guidelines document is to be used as a guide only. It is not a legally binding document and it is not a substitute for actual orders of the Provincial Health Officer. In the event of an ambiguity or conflict between the guidelines and the Public Health Act, regulations or orders thereunder, the Act, regulations and orders prevail. Each Rowing BC Member Organization must comply with the requirements of the provincial and local government and health officials in terms of public gatherings and sporting events when determining when it is safe to return to activities. Nothing in this document is intended to provide legal advice.

This document contains links to third party web sites. Links are provided for convenience only and Rowing BC does not endorse the information contained in linked web sites nor guarantee its accuracy, timeliness or fitness for a particular purpose. The information in those links may be updated from time to time. We do not monitor those sites and are not responsible for updates. Member organizations should review their plans regularly to ensure they are up to date.

Anyone using the Return to Sport Guidelines does so at his or her own risk. Rowing BC shall not be responsible for any loss or damage of any kind arising directly or indirectly from the use of the Return to Sport Guidelines including, without limitation, reliance on the completeness or accuracy of the information provided.

Governance

The Emergency Program Act (EPA) authorizes provincial and local levels of government to declare states of emergency and make decisions about community safety. The Ministry of Tourism, Arts and Culture works closely with viaSport BC to provide direction and oversight to the development and delivery of amateur sport in British Columbia. viaSport BC is a non-profit society that acts as an agent for the Ministry to enable the growth, governance, and stewardship of amateur

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sport in British Columbia. It works closely with Rowing BC and provincial and national sport partner organizations to align approaches, develop standards and policies, and follow the guidance of health officers to support the safety of sport participants, volunteers, coaches, suppliers, staff, and others within the sector. Provincial sport organizations, like Rowing BC, are also independent non-profit societies that work with viaSport BC and their national sport federations to align and set policies and practices for their membership. Rowing BC is overseen by a Board of Directors that approves policies and is responsible for the oversight of the organization. Rowing BC Member Organizations are required to follow and implement such policies. During the COVID-19 pandemic, the adherence to and implementation of these return-to-sport policies and practices for all Rowing BC Member Organizations, including clubs, associations, and individual Member Participants, will help promote the safety of our communities. These proactive measures can help to preserve community health.

Reopening Step 1: National Requirements

All RCA Member Organizations, including those that are BC-based, are required to complete the [RCA Risk Assessment and Mitigation Checklist Tool](#) and maintain a copy on file.

This resource is based on the World Health Organization (WHO) recommendations and was developed in collaboration with RCA's chief medical officer, national partners and provincial rowing associations. Clubs are expected to complete the tool to determine their Club Risk Assessment Score. RCA will not sanction activity, and thus not provide insurance coverage, for a club that scores HIGH RISK or VERY HIGH RISK.

The Mitigation Checklist includes expectations that are considered mandatory, highly recommended, or enhanced. At a minimum, clubs must ensure that all mandatory expectations are met to ensure their activity is sanctioned and thus covered with RCA insurance. Clubs that require support to meet a mandatory expectation or want to request an exception to a mandatory expectation should [complete this form](#). For more information about the tool please refer to [the RCA website](#).

Reopening Step 2: Provincial Requirements

All Rowing BC Member Organizations are required to develop COVID-19 Reopening Safety Plans that explicitly present the measures that will implement and maintain over the coming 12 to 18 months. Plans must be in compliance with orders and guidance from the Provincial Health Officer.

Rowing BC has created [Return to Sport Guidelines](#) to support member organizations in the development of their COVID-19 Reopening Safety Plans. This document can be used as a step-by-step tool to create your plan, by answering each relevant question, or as a checklist to ensure that your plan is detailed to the correct scope. This Rowing BC document has been cross referenced and is aligned with [the viaSport Return to Sport Guidelines for B.C. document](#), the [WorkSafeBC COVID-19 Safety Plan Checklist](#) and the [Rowing Canada Aviron \(RCA\) Risk Assessment and Mitigation Checklist Tool](#).

Reopening Step 3: Approval and Transparency

COVID-19 Reopening Safety Plans are required to be approved by each Rowing BC Member Organization's Board of Directors, or appropriate alternative in the case that no board exists. COVID-19 Reopening Safety Plans must be made available to the public by posting on the wall of the organization's facility and/or on its website.

Conclusion and Contact

If you have any questions about this document or your club's COVID-19 Reopening Plan, please contact Rowing BC at (604) 273-4769 or via [email](#).

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FCRC Policies Regarding Covid-19

Approved by the Board of Directors, May 14th, 2020

Club Re-Opening Guidelines

The False Creek Rowing Club will be guided by the Sport Sector Reopening Guidelines, Rowing BC and Rowing Canada Aviron guidance and policy.

- RCA is hosting a May 19th, 2020 webinar on re-opening rowing on water/club based programming.
- National guidelines and a risk assessment tool to be published.

These guidelines will be approved by the Board of Directors and our Coaches prior to the Club's compound being re-opened for member use.

The requirement for all members, participants, volunteers, coaches and administrators be registered with Rowing Canada Aviron remains unchanged.

Active members have the option to pay monthly, for a bulk number of sessions or all in advance. Social members must pay all in advance.

Club Re-Opening Considerations

- Physical distancing must be maintained: 2 metres separation with normal heart rates, or 4 metres with elevated heart rates (i.e. while rowing).
- The compound is not a place to socialize during a global virus pandemic.
- While step stools may be used to access boats on upper racks, people shouldn't be sitting or lounging within the compound to prevent areas of enduring potential viral transmission.
- ~~• Until guidance is provided by governing sport bodies or by the appropriate government agencies, only members of the False Creek Rowing Club may take advantage of club programming.
 - ~~○ This prohibits lessons, events for non-members, regattas, training camps and guest rowing for non-members.~~~~
- From 28th July 2020, in line with guidance from RCA, individual lessons in singles, or in a double with an experienced rower (and FCRC member) from the same household will be permitted.
- With the exception of these lessons, only members of the False Creek Rowing Club may take advantage of club programming.
 - This prohibits regattas, training camps and guest rowing for non-members.
- Shared use of the dock, by neighbouring paddling organizations and the public, create an opportunity for viral transmission.
 - Use of the dock is therefore discouraged and wet launching is preferred.
- Unless running water is available via the Burrard Civic Marina or Vanier Park boat ramp faucets, there can be no rowing.
- Dryland lessons will be available for members from 28th July 2020, and for members of neighbouring clubs, pending confirmation they have insurance for their members to participate. Dryland lessons will take place in the park adjacent to the compound, and will follow local guidelines for safe distancing. No more than 20 athletes may participate at one time, maintaining social distance of 3m. Coaches will provide verbal instruction only. No club equipment (with the exception of cones to mark 3m spaces) will be used, and athletes may enter the compound (in groups of max 6) to wash their hands.

FALSE CREEK ROWING CLUB

Club Re-Opening Steps

Installation of International Viral Pandemic signage indicating the following:

Participants must complete a Health Screen upon entering the FCRC compound. The Health Screen is mandatory for each person each time they visit the compound and the results of that screen must be to create a healthy environment.

The club will post the Health Screen details found on the last page of this document on both gates and the red shed. All members will be made aware that rowing involves implicit understanding, agreement and adherence with the actions outline.

Failure to comply with these safety and health conditions will result in expulsion from the membership of the False Creek Rowing Club on the basis of failing the constitutional purposes of the club: *to promote and encourage a rowing community on Vancouver's False Creek and English Bay that supports the values of being safe, welcoming and respectful.*

Communicating the FCRC Return to Rowing plan to interested parties.

We will use Webex to communicate with the membership and such parties as are interested in hearing our process prior to opening the compound for rowing.

We will update the membership through the newsletter, TeamSnap and via Webex as appropriate for changes to this policy and procedure.

All those using the compound must register their use of boats and access of the compounds in advance using a Google sheets document to avoid overbooking equipment or capacity.

Program Operations

Athletes, and other members, primary focus while on the water, or preparing to row, is on the rowing. Not on the standing around bits.

A health screening will be undertaken by each individual each time they attend practice. This health screening will include a review of whether an individual is potentially actively infected with the virus.

The FCRC Health Screen can be found at the end of this document. Copies will be available at the clubhouse.

Rowing will occur in singles. Larger boats may be crewed by "household-based crews". The definition of "household" is determined by the rowers themselves based on the guidance of the BC Centre for Disease Control – the False Creek Rowing Club is not aware of relationships between consenting members.

Boat launch times should be staggered to reduce traffic in the compound and with the hoses whether in a coach's time slot or when rowing outside those time slots.

Member sessions are currently scheduled for Monday and Wednesday afternoons, and Saturday mornings. Finances and opportunities will dictate whether this can be expanded to either more sessions each day, or more days per week.

We will use TeamSnap and Google Sheets to pre-determine the number of rowers and coaches at any one time. Rowers not using TeamSnap to register their intention to row will not be permitted to row.

Communication and updates to the membership will be through TeamSnap notifications

<https://go.teamsnap.com/login/signin>.

Notifications to the club as a whole will be through the False Creek Rowing Club Newsletter found here:

<https://us7.campaign-archive.com/home/?u=714f464ae1159ef3cd2272198&id=c0a04770ad>.

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The False Creek Rowing Club will perform the following actions prior to the resumption of rowing:

- Obtain additional sponges, buckets, wash cloths, paper towels, environmentally suitable and effective soap
- Obtain sufficient bags as to be able to create pre-prepared/assembled safety equipment bags for each coach boat
- Determine if there is a way to provide a handsfree hand washing station with our water supply system.

Establishment of Practices to Preserve the Health of the Rowers with the False Creek Rowing Club.

Traffic Flow within the compound.

- When a boat is leaving the compound, there should be no one in that shell bay obstructing or beside the boat except the people carrying it.
- People should keep at least 2 metres away from each other.
- Only 1 person may access or be within the red shed at a time.
- Only coaches will access the green sheds to access the fuel and safety equipment for the coach boats.
- Everyone must remove all articles that they arrived with daily.
- There is no garbage disposal on the premises for personal use.

Participation

- There will be no more than 10 or a number permitted by Rowing Canada Aviron, Rowing BC, the BC Centre for Disease Control or the Safe Sport Sector Guidelines at any outing.
- Where there are more than 6 individuals involved in any given practice, only 6 individuals can be in the compound area at any one time.
 - Rowers should stagger their departure times.
 - As normal, at least one coach boat must be on the water prior to crews launching.
- No pets, guests or visitors are welcome in the club compound during the state of emergency.
- Individuals rowing solo must maintain the standards set out in this document in addition to the club established practices.
- Individuals operating the safety boats will be considered the COVID-19 Site Manager and are responsible for ensuring that all participants and coaches have completed the health screen.
- All participants are expected to wash their hands before and after rowing, with soap and water (available at compound) or hand sanitizer (provided by member).
- Rowers should wear clean fresh socks to prevent transmission through skin to shoe contact.
- Rowers should wear clothing that creates a barrier between them and the leading edges of decks and slides such as tights, trousers and yoga pants.
- Personal items should be kept at home, or in your vehicles. Individuals are requested not to leave their items on the table in the red shed. The concept of “at your own risk” has an expanded meaning at the moment.

Launching Rowing Shells

- Rowing shells will all be wet launched to reduce the chance of viral transmission on or from the dock edge.

Coach Boat Launching

- Coach Boats will be launched from the east side of the east ramp to prevent the chance of viral transmission from the dock edge.
- There will be a maximum of 2 coach boats on the water at any one time.

Washing Equipment

- All equipment and people will only be washed with flowing water and soap. Standing water is not to be used.
- Water in buckets sourced from hoses should not be shared between boats for washing.

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- Soap will be provided by the False Creek Rowing Club for the washing of equipment.
- Rowing shells will be washed prior and subsequent to use. Prior to use to protect the rower, and subsequent to use to protect the boat. This is the responsibility of the rower. The following items are to be cleaned:
 - Hulls, decks, shoes, tracks, seats (note ball bearing care below), oar grips, oar shafts, stretchers, straps and racks as necessary.
- Safety/coach boats should also be washed: this is the responsibility of the coach/safety boat operator.
 - The boats themselves, gas tanks (being careful not to get water or soap in the tank itself), engines, throttles, gear selectors, cushions, trailers, PFD's, kill switch cords, paddles, whistles, bailing devices and other safety equipment.
- Ball bearing based wheels should be lubricated after every wash i.e. before and after rowing.
- Please note, the padlocks cannot be washed with soap and water or alcohol-based sanitizers as this will cause them to de-lubricate. Please be aware of this when handling the padlocks when opening and closing the gates.

Water Rescues:

- In the event a rower overturns their vessel the following steps may be taken as appropriate to the situation—the safety boat operator can determine based on their assessment as to best options:
 - The coach should provide a floatation device to the individual in the water.
 - The rower should attempt to right the boat and self-rescue.
 - The rower should mount an upside-down boat and paddle to the closest shore.
 - The coach may provide a flotation device such as a boogie board to those in the water and tow them to the shore.
 - The coach can otherwise assist the rower as they deem appropriate.

Role of the Health Screening Monitor or Coach

- Monitor and confirm that athletes present on Google sheets, and confirm that they have performed a Health Screen.
- Indicate to the President of the Board which, if any, rowers answered yes to the questions on the survey.

Limitations:

- The False Creek Rowing Club:
 - Will not provide Personal Protective Equipment for its members. Members will provide their own.
 - Will not provide hand sanitizers or alcohol-based cleaners for its members personal use. Members will provide their own.
 - Is not responsible for directing your actions outside of the compound but expects that you will support guidance from government authorities with respect to safe conduct.
 - Does not take responsibility for care, cleaning and maintenance of the washroom facilities provided by the Vancouver Park Board for the public. Rowers use them at their own risk.

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False Creek Rowing Club Health Screen

To be completed by each member, coach, rower, volunteer whenever attending the FCRC compound.

Please review the following questions:

- Are you experiencing any of the following:
 - Severe difficulty breathing (e.g. struggling to breathe or speaking in single words)
 - Severe chest pain
 - Having a very hard time waking up
 - Feeling confused
 - Losing consciousness
- Are you experiencing any of the following:
 - Mild to moderate shortness of breath
 - Inability to lie down because of difficulty breathing
 - Chronic health conditions that you are having difficulty managing because of difficulty breathing
- Are you experiencing cold, flu or COVID-19-like symptoms, even mild ones?
 - Symptoms include: fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue or loss of appetite.
- Have you travelled anywhere outside British Columbia within the last 14 days?
- Have you tested positive for COVID-19 and not yet been confirmed as recovered?
- Are you considered a “high risk individual” due to any of the following medical conditions:
 - Heart disease, Hypertension (high blood pressure), Lung disease, Diabetes, Cancer, People with weakened immune systems from a medical condition or treatment, such as chemotherapy, Older adults
- Did you provide care or have close contact with a person with confirmed COVID-19?
 - Note: This means you would have been contacted by your health authority’s public health team.

If you have answered “yes” to any question above, refrain from entering the compound or rowing and take steps to ensure your personal safety and the safety of others as are recommended for your particular situation by the BC Centre for Disease Control.