

BRC COVID-19 Rowing Protocols

We are returning to rowing on a restricted basis. Please follow these protocols. They apply to all members including private shell owners who wish to row out of the Barrie Rowing Club.

1. Ensure you are signed up and have paid your membership, including online registration, [Safety Quiz](#), [Concussion Sheet](#), [RCA Registration](#) and for those under 18, [Swim test](#). Access to enter the Schedule Sign Out sheet will be provided to you once these items are confirmed as completed.
2. Gather up your Personal Protective Equipment and cleaning supplies. Mask to be used when you are not able to maintain 2m physical distancing, gloves, hand sanitizer. Cleaning supplies, bucket, sponge, dish soap, disinfectant. (Cleaning supplies are also available at the club, however bringing your own will reduce touching of shared surfaces).
3. Reserve your rowing spot on the schedule sign out sheet. At this time members are asked to limit their spots to twice a week. This sheet will also function as the in and out sign out book. You are not required to sign out in the paper sign out binder.
4. Before driving to the club at your designated time, complete the online [Health Assessment](#) to confirm you are not showing symptoms of a cold or flu.
5. Show up a few minutes before your reserved session ready to row, including your water bottle in a ziplock bag. Change rooms are closed. Notify our staff member, Kiernan that you have arrived. Give him time to confirm that you have completed the Health Assessment. Once he gives the all clear, make your way to the Oar / Singles bay and check that your presence will not increase occupancy beyond two persons. Pick up the oars assigned to your boat, bring down to the dock. Return to the boat bay. Request assistance in moving your reserved boat to the dock. Please ensure a maximum of two people in any of the boat or oar bays at one time.
6. Edons are a bit tricky to enter without help due to the pontoons. Request help from our staff or another rower to enter or exit these boats.
7. Once the coach boat gives the ok, proceed on your row. Stay close enough to the coach boat that you are able to make out who is driving the boat. If you are faster than the rest of the group either wait for them or loop around behind them.
8. Upon return to the dock, request assistance if needed to exit your shell. Bring your oars and boat to one of the boat stretchers set up on the grass. Gather your cleaning supplies. Use a small amount of soap in a bucket of water and a sponge to clean the entire boat. Rinse with clean water. Repeat for oars. Use disinfectant spray (60% Alcohol) on all touch surfaces of the oars and your boat. If you are the last row of the morning return boat to boat bay. If you are the first row of the morning, hand over your boat to the next rower.
9. Gather up any personal waste, tissues, disposable gloves, etc. and dispose in lidded refuse containers on site.
10. Leave site while maintaining physical distance of 2m.

Daily COVID-19 Checklist

- [Complete attestation](#) prior to each visit
- Boat Cleaning supplies, bucket, sponge, soap, disinfectant
- Water bottle in ziplock bag, extra bag to dispose of used tissues etc.

- Personal protection, hand sanitizer, mask, gloves

Only singles (club or private shells) will be permitted to start with. The club plans to have the following singles available,

Name	Make	Weight range	Experience required
Thing One	Edon	Open	Beginner - Intermediate
Thing Two	Edon	Open	Beginner - Intermediate
Thing Three	Edon	Open	Beginner - Intermediate
Thing Four	Edon	Open	Beginner - Intermediate
Forever Rowing	Hudson	Open	Beginner
Debbie DeCaire	Wintech	Open	Intermediate - Advanced
New	Swift	Lightweight	Intermediate - Advanced
Le Bel Esprit	Wintech	Open	Intermediate - Advanced
Lucky Penny	Swift	Lightweight	Advanced
Burszt of Speed	Swift	Midweight	Advanced
New	Swift	Midweight	Advanced
New	Swift	Lightweight	Advanced

We offer two morning rowing sessions each weekday morning and one on Saturday and Sunday as well as Tuesday and Thursday evenings. Each session will be limited to 9 rowers in singles, or doubles with members of the same household..

Each boat bay (a garage door is considered the opening to a boat bay) will be limited to a maximum of two persons at once. If two people are in a boat bay, please wait outside, spaced 2 metres (6 feet) apart.

Masks are required inside the bays, where you are not able to maintain a 2m distance between yourself and another person. It is not mandatory to wear a mask while rowing.

The training room will be used as an isolation room for people who develop symptoms while at the club and will be closed to any other use. Showers and change rooms are closed. Washrooms are available for urgent use only. If you need to use them please wipe down any surfaces that you touch with the supplied cleaning products and disposable gloves.

A first come - first served online reservation system will be used to reserve your spot for a row. This system requires a Google Gmail account to function properly. If you don't have one please get one and let us know what it is. They are free. In order to ensure all members have access BRC reserves the right to bump people off their reserved spot.

Please arrive ready to row, leave any extra clothes or other items in your vehicle. A limited number of crates will be available for use at the front of the boathouse to temporarily store your gear while out on the water.

Adherence to these protocols and procedures is necessary to maintain sanctioning by our governing bodies, and to comply with directives and legislation from local public health authorities, the Ministry of Health and the City of Barrie. All members, including private shell owners are expected to comply with these protocols and procedures. In the event that a member chooses not to comply, measures ranging from a warning to suspension to expulsion will be assessed by the Board based on the severity of the action.

Although these measures are intended to reduce the risk of contracting the Covid-19 virus, no measures can guarantee the safety of everyone participating in rowing activities at the Club. All members and in particular [high risk](#)* members should assess the risk on their own to determine the right time for them to return to club rowing.

**High-risk populations include anyone with compromised immune systems, older individuals (>70), those with co-existing medical conditions including, but not limited to: diabetes, cardiac disease, severe asthma, chronic lung conditions and autoimmune diseases.*

The Board appreciates your patience as we work to implement these measures. If you find a procedure that is not working or if you have suggestions on how to improve efficiency or flow while complying with our mandated mitigation measures please contact myself or another Board Member.

Your Board of Directors,
Matt Gleben (Pres), Peter Burstyn, Dave Crann, Marian Filo-Carroll, Christine Ignas, Andrea Lovering, Brenda McInroy and Tim Rose

Please sign and date that you have read this protocol and email us a signed copy.

Name: _____
Signature: _____

DATE: _____