## GET IN GET OUT

Everyone who enjoys our sport needs to maintain a heightened sense of responsibility as we navigate new expectations to address the impact of COVID-19. Help us keep our rowing clubs safe and our rowing community healthy by adhering to these expectations.\*

## **Club Contact Name:**

Email:	
Phone:	

\*Additional club and provincial expectations and guidelines may also be in place.











Complete online sign-in sheet (if applicable)

Fill your water bottle at home

Do not go to the boathouse if you are not feeling well. If you have previously been to the boathouse, notify your club contact immediately. Refer to your Public Health Authority guidelines for next steps





**(f) (D) (@)** @rowingcanada rowingcanada.org









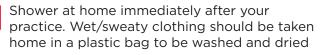
(between athletes) and between training groups













See our cleaning and disinfecting posters!







