

GET IN ROW 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.*



BEFORE

- Review any club communications outlining guidelines and new expectations



- Get dressed for training at home - arrive ready to row

- Complete your daily self-assessment (can use a self-monitoring app)



- 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

DURING

- Ensure you are familiar with all club expectations and protocols that apply while at the boathouse

- Practice physical distancing at all times

- Keep water bottle and gels/snacks in ziploc-type bag while rowing

- No catering or food prep

- No showering and limit washroom use to essential use



- Wash hands at minimum at arrival, after cleaning equipment, and on departure

- No spitting or clearing of nasal passages (except into a disposable tissue)

- Dispose of any tissues in closed bins

- Complete boat and equipment cleaning log



- Complete sign-in/sign-out sheet (if applicable)

- Use only personal tools to adjust boats and oars

- All shared equipment (e.g. oar handles, boat surfaces) must be thoroughly cleaned and disinfected. This must be completed before, during (between athletes) and between training groups

AFTER

- Complete online sign-out sheet (if applicable)



- Shower at home immediately after your practice. Wet/sweaty clothing should be taken home in a plastic bag to be washed and dried



- If you are not feeling well, report this to your club contact immediately. Refer to your Public Health Authority guidelines for next steps



See our cleaning and disinfecting posters!