

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.*

BEFORE

- Review any club communications outlining guidelines and new expectations
- Complete your daily self-assessment (can use a self-monitoring app)
- Fill your water bottle at home
- Get dressed for training at home - arrive ready to row
- Complete online sign-in sheet (if applicable)
- 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
- No showering and limit washroom use to essential use
- Complete boat and equipment cleaning log
- Practice physical distancing at all times
- Wash hands at minimum at arrival, after cleaning equipment, and on departure
- Complete sign-in/sign-out sheet (if applicable)
- Keep water bottle and gels/snacks in ziploc-type bag while rowing
- No spitting or clearing of nasal passages (except into a disposable tissue)
- Use only personal tools to adjust boats and oars
- No catering or food prep
- Dispose of any tissues in closed bins
- 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

Club Contact Name: _____

Email: _____ **Phone:** _____

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

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