



Return to Rowing Planning

RCA Webinar, May 19 2020



RCA

- RCA Board of Directors
- Terry Dillon, CEO
- Dr. Mike Wilkinson, CMO
- Stephen McMurray, Member Services Administrator
- Liz Montroy, Communications and Events Coordinator
- Jen Fitzpatrick, Director of Partnerships and Sport Development



Webinar Process + Follow-Up

- **Questions**

- Q and A
- FAQ

- **Communications**

- Recording + Resources posted on RCA Website



DONATE

FR

DISCOVER

ROW FOR CANADA

COMMUNITY

SUPPORT

EVENTS



COVID-19 Updates

COVID-19 Updates

This Week with RCA

Past Webinars



Webinar Outline

- COVID-19 Update
- Risk Assessment and Mitigation Checklist
- Resources and Support
- Insurance
- Waivers
- FAQ



COVID-19 Update

- Significant Variance across regions in Canada
- Canada 78 500 cases total, 1102 new cases in the last 24 Hrs
 - 38 828 (50%) recovered
- Canada 5 857 Deaths, 102 in the last 24 Hrs
- Individuals ages ≥ 60 years comprise:
 - 68% of hospital admissions
 - 63% of ICU admissions
 - 96% of deaths (26% age 60-79)



Risk Assessment and Mitigation Checklist

- For reopening (not each subsequent phase)
- Maintain a copy in club records. Not necessary to submit to RCA.
- 3 steps:
 - Step 1: Initial Risk Assessment
 - Step 2: Modified Risk Assessment
 - Step 3: Mitigation Checklist
- Request for Exemption Form



Risk Assessment Score

- Complete the Initial and Modified Risk Assessment

0 - Negligible	Proceed to Checklist
1 - Very Low Risk	
2 - Low Risk	
3 - Moderate Risk (low-moderate)	
4 - Moderate Risk (high-moderate)	Contact RCA before proceeding
5 - High Risk	Checklist can be used to identify gaps Activity not sanctioned by RCA
6 - Very High Risk	



Mitigation Checklist

- ✓ 1) *Education*
- ✓ 2) *Public Health Awareness*
- ✓ 3) *Athlete Specific Measures*
- ✓ 4) *Facility Access and Flow*
- ✓ 5) *Cleaning, Hygiene and Sanitization*
- ✓ 6) *Equipment and Boats*
- ✓ 7) *Medical/Public Health Response Plan*
- ✓ 8) *Management of New/Suspected cases*
- ✓ 9) *Communications*

- 9 Areas
- Mandatory, Highly Recommended, Enhanced Expectations
- Provincial and Local restrictions and expectations must also be considered
- Need to achieve **Mandatory** Requirements to be considered sanctioned activity (that includes insurance coverage)



Mitigation Checklist

- 0 = Not considered/currently not possible to achieve
- 1 = In progress, not yet implemented.
- 2 = Completed. Implementation already in place
- Mitigation Score %



COVID-19 Strategic Operations Team

- Oversee the implementation of mandatory requirements and the management of new or suspected cases
- At minimum, should include: Facility Manager, Medical Lead, Coach Rep, Communications Lead
- Assign a lead to each area
- Consider capacity needs
- Regular check-ins/evaluations





Education

- Pre-opening orientation to set expectations
- Daily updates on new information
- Protocols
 - Health checks
 - Sanitization
 - Distancing flow
 - Equipment



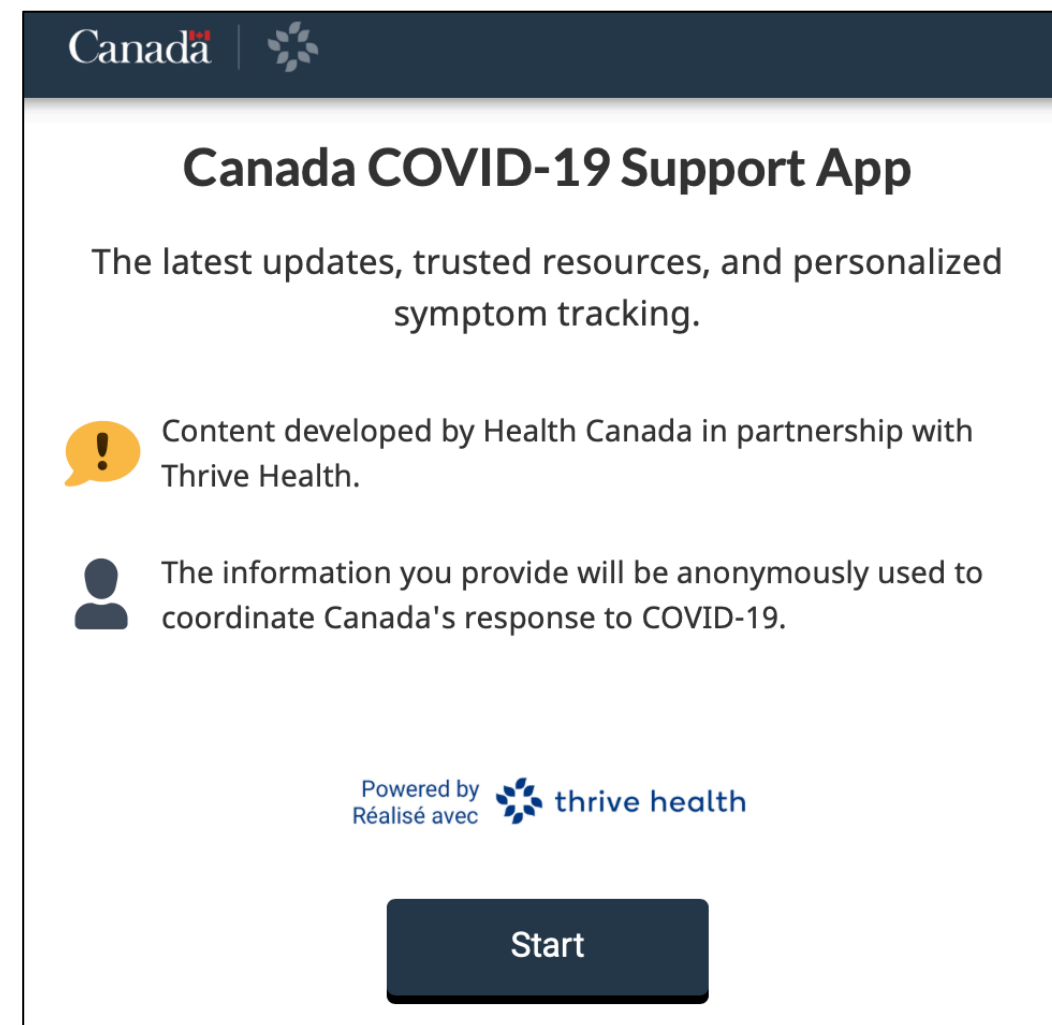
Public Health Awareness of COVID-19

- Review daily updates
- Special considerations for the following participants at higher risk of COVID-19 disease (i.e. at-risk populations):
 - Individuals with compromised immune systems
 - Older individuals (>65)
 - Individuals with underlying and/or co-existing medical conditions including, but not limited to: diabetes, cardiac disease, severe asthma, chronic lung conditions and autoimmune diseases



Athlete Specific Measures

- Self-Assessment Checks
 - E.g. monitoring app
 - Daily reporting and recording
- Training group size limits
 - Includes coaches and other staff/volunteers
- Get In – Row – Get Out





Facility Access and Flow

- 2m rule in boathouse, parking lot, common areas
- Lock non-essential rooms
- Limit washroom access
- No showering
- Schedule staggered training and launch times



Cleaning, Hygiene and Sanitization

- Lidded garbage containers
- Permanent or portable handwashing stations should be placed in a visible and accessible spot at the **entrance and exit** (*alternative - Hand Sanitizer*)
- Enhanced facility cleaning/disinfecting process and schedule



Cleaning and Disinfecting at the Boathouse

CLEANING



**The physical removal of visible soiling (e.g. dust, soil, blood, mucus).
Cleaning removes, rather than kills, viruses and bacteria.**

DONE WITH:

- * Water and detergent (e.g. liquid dishwashing soap)
- * Common household cleaning wipes
- * Good physical cleaning practices (i.e. steady friction and strong action from cleaning cloth on surfaces)

DISINFECTING



**The killing of viruses and bacteria.
A disinfectant is only applied to objects, never on the human body.**

DONE WITH:

- * Common households disinfectants such as ready-to-use disinfecting wipes and pre-made solutions (no dilution needed)

Always follow the manufacturer's instructions printed on the bottle.

All visibly soiled surfaces should be cleaned before disinfection.



Cleaning and Disinfecting at the Boathouse

As a general rule, cleaning and disinfecting should be completed **before, during (between athletes) and between training groups.**

ROWING SHELLS (including shoes, foot stretchers and riggers) **AND OARS**

Includes private shells and oars



CLEAN AND
DISINFECT



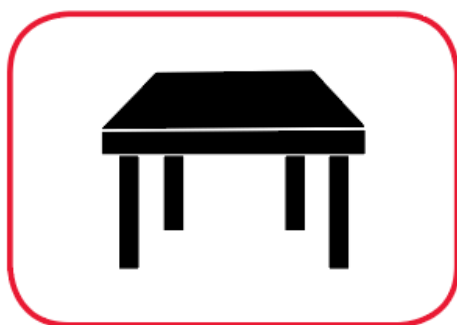
**between
each use**

- * Detergent and water with a brush and sponge
- * Rinse well, preferably with a hose
- * Shoes, seat, deck, oar locks and handles should be disinfected with a wipe or spray after washing



Cleaning and Disinfecting at the Boathouse

HARD SURFACES AND HEAVY USE AREAS

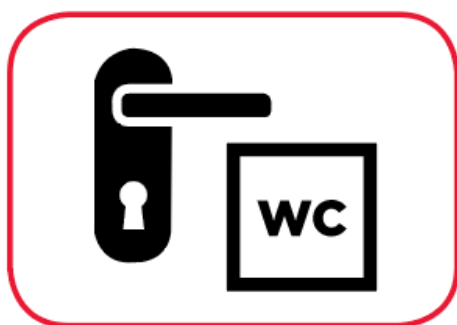


*CLEAN AND
DISINFECT*



**at least
twice a day**

WASHROOMS (including taps, toilet handles,
door handles), **OTHER HANDLES AND TAPS**



*CLEAN AND
DISINFECT*

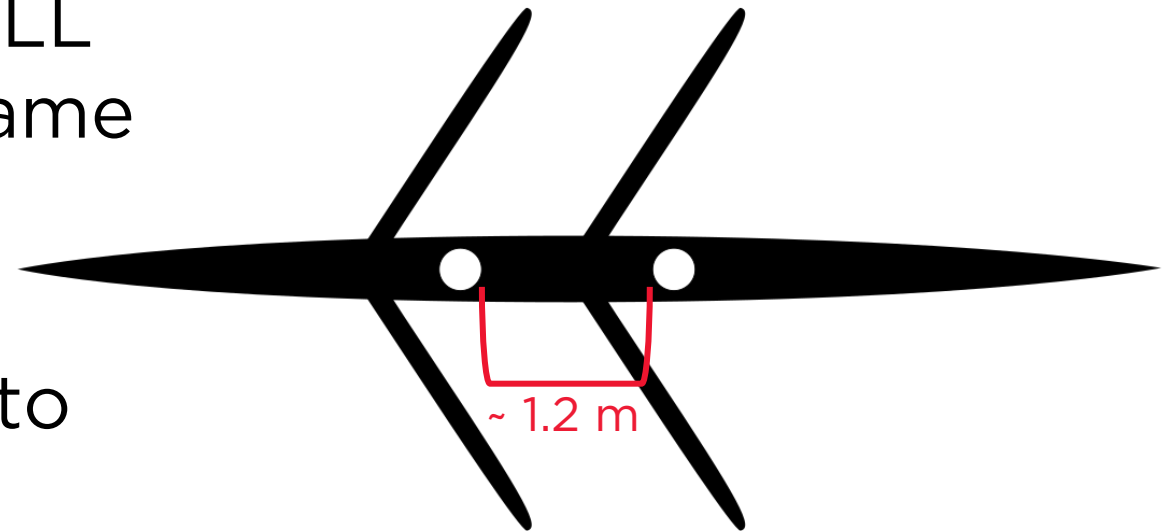


**between each
training group**



Equipment and Boats

- Singles (1X) rowing (2x/2- if ALL crew members are from the same household)
- All equipment to be assigned to specific individuals per group
 - Boats, oars, coach boats, safety boats, gas tanks, buckets
- Sign-in/Sign-out registry for equipment use and cleaning and disinfecting





Medical and Public Health Response Plan

- Medical Response Plan
 - How do you identify positive cases?
 - How are you going to notify club members?
 - How are you going to notify Public Health and enable tracing?
 - Close the club until cleared by Public Health



Get In - Row - Get Out

BEFORE

- Review any club communications outlining guidelines and new expectations
- Complete your daily self-assessment (can use an 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.



Get In - Row - Get Out

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
- 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.



Get In - Row - Get Out

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.



Typical Club To-Do List

Materials

- Handwashing Stations
- Lidded garbage bins
- Cleaning supplies: soap, paper towel, hand sanitizer, surface disinfectant, buckets
- PPE: Masks, gloves
- Posters and Signs

Recording Procedures

- Daily Health Assessments
- Equipment assignment and Sign In/Out Log
- Equipment Cleaning Log
- Facility Cleaning Log



Typical Club To-Do List

New Procedures/Protocols

- Daily review / briefing
- Communications-Frequency and Flow
- Facility Cleaning Schedule
- Equipment Assignment and cleaning/disinfecting for training groups
- Agreed sanction(s) for non-compliance





Other Considerations

- Start small
- Use online record keeping when possible (e.g. Google Sheets, Rowgister)
- Ensure information is delivered in ways accessible to everyone (email > Facebook, post information at boathouse)
- Provincial and Local Guidance and Restrictions



Insurance

RCA sanctioned rowing activity, **which is not impacted by a local cessation mandate**, is covered under our existing insurance provision.

Activity will only be sanctioned for clubs that have a Negligible->Moderate Risk Assessment Score and that have Mandatory expectations implemented.



Insurance in COVID-19

- Sport Accident Coverage is applicable to activity sanctioned through the RCA Risk Assessment and Mitigation Checklist

(there is no communicable disease exclusion on our policy)

- Directors and Officers coverage under Commercial General Liability
- No coverage for club revenue losses

RCA Sanctioned Activity under normal conditions includes:

- events sanctioned by Rowing Canada Aviron, including related training at sites of events, at sites of training camps and at club premises.
- Sanctioned Regattas, programs such as LTR, recreational and competitive rowing training programs, touring, social events, fundraising.



Waivers

- Online Waivers in the RCA Web Registration System will be updated to address contagion and to address online programming
 - Participants that register ~May 21 onwards will sign the new waiver
 - Club administrators of current programs with active participants will be contacted by RCA to sign an electronic pdf of the waiver



Resources and Support

- Risk Assessment and Mitigation Checklist Tool – RCA
- Risk Assessment for Sport – OTP/COC/CPC/CSIs
- Posters
- Complete the “Request for Exemption” form
- Questions and Request for Support
- Provincial Rowing Associations



FAQ



Frequently Asked Questions

1. How can we intervene during a capsizing knowing that we will not respect the 2 m distancing rule?
2. Are only private singles allowed to row at this time?
3. If private boat owners use their boat/remove their boat from the club to use elsewhere will they still have insurance coverage?
4. Does our plan need to be approved by RCA?
5. Do our participants need to be registered in the RCA Web Registration System for our programs to have insurance coverage?



Frequently Asked Questions

5. Can two individuals from different households row a 4X?
6. When can individuals who don't live together row together?
7. Can our club offer novice or LTR programs at this time?
8. How is a "Training Location/Region" defined?



Frequently Asked Questions

9. What should we use to clean and disinfect?



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CANADA
AVIRON**

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