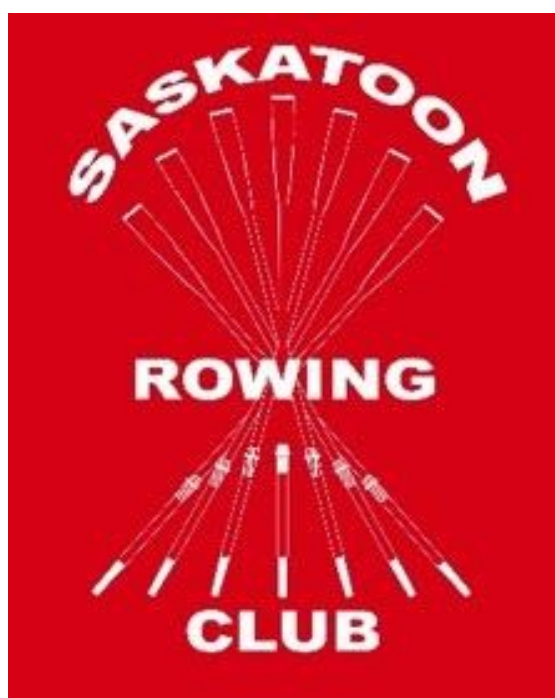


Saskatoon Rowing Club

COVID-19 Mitigation

Participation Procedures and Guidelines



Acknowledgement

In accordance with recommendations by the Chief Medical Health Officer of Saskatchewan, this manual's purpose is to provide participants and supervisors of on water activity with the Saskatoon Rowing Club direction on how to ensure a safe participation environment.

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ACTIVITY PROCEDURES FOR SAFETY SUPERVISOR AND PARTICIPANTS

1. Prior to Participants Arriving

Safety Supervisor Responsibilities	Participant Responsibilities
<p><u>SSR 1.1</u> Wash hands after entry to boathouse</p> <p><u>SSR 1.2</u> Ensure handwash stations are set up at entrance to boat bay and near the gas shelter by bay door</p> <p><u>SSR 1.3.1</u> Check sign up for sessions to determine who will be at practice</p> <p><u>SSR 1.3.2</u> If an individual has not signed up, they are not allowed to row</p> <p><u>SSR 1.4</u> Set up appropriate number of stretchers for amount of participants for session -- EDIT -- See update in Section 3: Setting Up for On Water Activity</p> <p><u>SSR 1.5</u> Disinfect Stroke Coaches for first session</p> <p><u>SSR 1.6</u> Review cleaning log (was it signed from yesterday's session by Safety Supervisor?)</p> <p><u>SSR 1.7</u> Open bay doors and remove rolling rack no more than 15 minutes prior to start of scheduled on water time</p> <p><u>SSR 1.7</u> If possible, remove the rolling rack no more than 15 minutes prior to the start of scheduled on water time. You may ask a participant to do this if they are present.</p> <ul style="list-style-type: none"> ● REMINDEE PARTICIPANT TO WASH HANDS AFTER HELPING SET UP STRETCHERS <p><u>SSR 1.8</u> Prop open parking lot access door no more than 15 minutes prior to start of scheduled on water time</p>	<p><u>PR 1.1</u> Register for practice time week prior online</p> <p><u>PR 1.2</u> Monitor symptoms and DO NOT attend session if you exhibit any</p> <p><u>PR 1.3.1</u> If you will not be attending, for any reason, contact the Safety Supervisor responsible for your session</p> <p><u>PR 1.3.2</u> Two missed sessions without notification to Safety Supervisor will result in a ban from rowing for 2 weeks</p> <p><u>PR 1.4</u> You must be dressed in rowing attire prior to arriving to boathouse</p>

2. When Participants Arrive

Safety Supervisor Responsibilities	Participant Responsibilities
<p><u>SSR 2.1.1</u> Ask each participant if they have exhibited any symptoms as per the poster</p> <p style="padding-left: 40px;"><u>SSR 2.1.2</u> If they do, ask them to leave and call 811 for more instructions</p> <p><u>SSR 2.2</u> Maintain a 2m distance from entering participants by standing behind Safety Supervisor’s desk to the right of the stairs if looking towards boat bay doors</p> <p><u>SSR 2.3</u> Supervise participants as they wash hands and place belongings where told</p> <p><u>SSR 2.4</u> Close door when all expected participants have arrived</p>	<p><u>PR 2.1</u> Maintain a 2m distance while waiting to enter boathouse</p> <p><u>PR 2.2</u> Answer questions about your health asked by safety supervisor prior to entering</p> <p><u>PR 2.3</u> Enter boathouse one at a time and do not touch railing as entering</p> <p><u>PR 2.4</u> Place belongings on floor underneath L-shaped bench</p> <p><u>PR 2.5</u> Immediately wash hands at wash station</p>

3. Setting Up for On Water Activity

Safety Supervisor Responsibilities	Participant Responsibilities
<p><u>SSR 3.1</u> Check safety boat gas level and ensure all safety components are present in boat prior to getting assistance to take to dock</p> <p><u>SSR 3.2</u> Instruct participants who are helping take boat down to be on opposite sides of the boat while you operate the handle of trailer</p> <p><u>SSR 3.3</u> You may ask a participant to set up appropriate amount of stretchers for boats going out for practice</p> <ul style="list-style-type: none"> ● REMINDEE PARTICIPANT TO WASH HANDS AFTER HELPING SET UP STRETCHERS <p><u>SSR 3.4</u> Help participants with equipment ID if they need it</p> <p><u>SSR 3.5</u> Supervise participants and remind of handwashing after they place blades on</p>	<p><u>PR 3.1</u> Always attempt to maintain a 2m distance between participants when getting ready to go on water</p> <p><u>PR 3.2.1</u> Two participants will assist Safety Supervisor in getting safety boat down to water</p> <p style="padding-left: 40px;"><u>PR 3.2.2</u> Do not touch motor tiller or prop</p> <p><u>PR 3.3</u> Acquire assigned sculling blades from tree and take them down to dock</p> <p><u>PR 3.4</u> Only three people, using opposite sides of the ramps, will be permitted to take equipment down to dock</p> <p><u>PR 3.5</u> Place blades on dock always handle to blade, with ideally 2m of space between, if possible</p>

<p>dock</p> <p><u>SSR 3.6.1</u> Help participants with taking out boats if they need</p> <p><u>SSR 3.6.2</u> Always hold boat at a point that is as far from participant as possible when taking out of boathouse</p> <p><u>SSR 3.7</u> If helping a participant with adjusting equipment, ensure you are wearing gloves and mask</p> <p><u>SSR 3.8</u> Distribute Stroke Coaches to participants if they desire</p> <p><u>SSR 3.9</u> Close and lock bay doors</p> <p><u>SSR 3.10</u> Start boat and begin on water activity</p>	<p><u>PR 3.6</u> Wash hands at boat bay door wash station after placing blades on dock (if you have used a shared set of blades)</p> <p><u>PR 3.7</u> If you help set up stretchers, do so and wash hands immediately after</p> <p><u>PR 3.8</u> Acquire assigned boat (as directed by Safety Supervisor) and remove from boathouse to place on stretchers</p> <p><u>PR 3.9</u> Safety Supervisor will distribute Stroke Coaches to participant if they desire one</p> <p><u>PR 3.10</u> Take boat to water, following opposite use of ramp and only two people at a time, maintaining 2m distance between other participants</p>
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4. On Water Activity

Safety Supervisor Responsibilities	Participant Responsibilities
<p><u>SSR 4.1</u> Ensure athletes stay within sight of safety boat</p> <p><u>SSR 4.2</u> Supervise participants during on water activity</p>	<p><u>PR 4.1</u> Stay within safety boat sight at ALL TIMES</p> <p><u>PR 4.2</u> Respect Safety Supervisor instructions</p> <p><u>PR 4.3</u> Maintain 2m distance at all times on water</p> <p><u>PR 4.4</u> Do not share water bottles on water</p> <p><u>PR 4.5</u> Avoid returning to dock prior to Safety Supervisor returning at end of session</p> <ul style="list-style-type: none"> If you must return early, indicate this to the supervisor as early as possible so they can open facility to put your equipment away and witness you wash your hands prior to disinfecting your boat and leaving the boathouse

5. Concluding On Water Activity

Safety Supervisor Responsibilities	Participant Responsibilities
<p><u>SSR 5.1</u> Land safety boat prior to participants all docking in order to open bay doors and lay hose out on on apron</p> <p><u>SSR 5.2</u> Prepare disinfection materials for cleaning boats and handles</p> <p><u>SSR 5.2.1</u> Help participants with taking up boats if they need</p> <p style="padding-left: 40px;"><u>SSR 5.2.2</u> Always hold boat at a point that is as far from participant as possible when taking out of boathouse</p> <p><u>SSR 5.3</u> Wash hands prior to using log book</p> <p><u>SSR 5.4</u> Supervise disinfection process by participants</p> <p><u>SSR 5.5.1</u> When informed by participant that disinfection complete, note this down in log book</p> <p style="padding-left: 40px;"><u>SSR 5.5.2</u> Fill in information as per the log book</p> <p><u>SSR 5.6.1</u> Help participants with taking in boats if they need</p> <p style="padding-left: 40px;"><u>SSR 5.6.2</u> Always hold boat at a point that is as far from participant as possible when taking out of boathouse</p>	<p><u>PR 5.1</u> Docking of three crews at a time only allowed</p> <p><u>PR 5.2</u> Place blades on dock always handle to blade, with ideally 2m of space between, if possible</p> <p><u>PR 5.3</u> Using opposite ramp to other participant, take boat up to stretcher to wash with hose</p> <p><u>PR 5.4</u> Wash and disinfect ALL components of boat where you may have placed your hand any time during practice. I.e.:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Wingnuts on foot stretcher <input type="checkbox"/> Quick release straps on shoes <input type="checkbox"/> Anywhere on interior deck you may have touched <input type="checkbox"/> Seat <input type="checkbox"/> Rigger <input type="checkbox"/> Oar locks <p><u>PR 5.5</u> Inform Safety Supervisor that you have completed disinfection of equipment</p> <p><u>PR 5.6</u> Wash hands after disinfection of equipment</p> <p><u>PR 5.7</u> Place boat back on rack in boathouse, maintaining 2m distance from other participants while doing so</p> <p><u>PR 5.8.1</u> Acquire blades from dock, following the three people on dock rule, using opposite sides of ramp</p> <p style="padding-left: 40px;"><u>PR 5.8.2</u> Disinfect handles and anywhere else you may have touched with your hands</p> <p><u>PR 5.9</u> Store blades on tree</p> <p><u>PR 5.9</u> Wash after storing blades</p> <p><u>PR 5.11</u> Place stroke Coach on gas shelter lid, screen up (if used)</p>

6. When Participants Depart

Safety Supervisor Responsibilities	Participant Responsibilities
<p><u>SSR 6.1</u> Prop open parking lot access door prior to participants departure</p> <p><u>SSR 6.2</u> Stand behind Safety Supervisor's desk as participants depart to maintain 2m distancing</p> <p><u>SSR 6.3.1</u> Disinfect all used Stroke Coaches prior to next group</p> <p><u>SSR 6.3.2</u> Record completion in log book</p>	<p><u>PR 6.1</u> Maintain 2m distance between other participants at all times</p> <p><u>PR 6.2</u> Depart boathouse one at a time, maintaining 2m distancing</p> <p><u>PR 6.3</u> Do not touch railing or handle on door as exiting</p> <p><u>PR 6.4</u> Do not loiter in parking lot after on water activity</p>

7. When Shutting the Boathouse Down between Long Breaks or for the Day

Safety Supervisor Responsibilities	Participant Responsibilities
<p><u>SSR 7.1</u> Instruct participants who are helping take boat up to be on opposite sides of the boat while you operate the handle of trailer</p> <p><u>SSR 7.2</u> Take down and store stretchers in boathouse</p> <p><u>SSR 7.3</u> Disinfect Stroke Coaches for tomorrow</p> <p><u>SSR 7.4</u> Bring in rolling rack, disinfect handle and close bay doors</p> <p><u>SSR 7.4</u> You may ask a participant to bring in rolling trainer boat rack and remind them to wash their hands immediately afterward</p> <p><u>SSR 7.5</u> Disinfect safety boat trailer handle and tiller handle</p> <p><u>SSR 7.5.1</u> Refill gas tank to full for next sessions on the following day</p>	<p><u>PR 7.1.1</u> Two participants will assist Safety Supervisor in bringing up safety boat</p> <p><u>PR 7.1.2</u> Follow directions of Safety Supervisor</p> <p><u>PR 7.2</u> Maintain 2m distance between other participants at all times</p> <p><u>PR 7.3</u> Depart boathouse one at a time, maintaining 2m distancing</p> <p><u>PR 7.4</u> Do not touch railing or handle on door as exiting</p> <p><u>PR 7.5</u> If you help the Safety Supervisor to bring in rolling trainer boat rack, ensure you wash your hands immediately afterward</p> <p><u>PR 7.6</u> Do not loiter in parking lot after on water activity</p>

SSR 7.6 Disinfect sliding locks on bay doors

SSR 7.7 Disinfect door knob on parking lot access door

SSR 7.8 Wash hands prior to recording in log book all disinfectant duties

SSR 7.9 Close parking lot access door

Required PPE and Cleaning Materials

- PPE
 - Non-medical mask (cloth)
 - One per Safety Supervisor
 - Disposable gloves
 - Box of gloves for Safety Supervisor use only
- Personal Hygiene Materials
 - Soap
 - Minimum 2 bottles with pump dispensers
 - Water
 - Hose propped up
 - Anti-bacterial hand gel (when soap and water not accessible)
- Equipment Cleaning Materials
 - Anti-bacterial disinfectant wipes
 - 80% Alcohol spray
 - Individually owned cloths to wipe equipment down

GOING FOR A ROW CHECKLIST

****NOTE: THIS WILL BE PRINTED AND POSTED THROUGHOUT
BOATHOUSE****

ARRIVING

- Answer questions about health from Safety Supervisor
- Place bags under L-Shaped bench
- WASH HANDS AT PICNIC BENCH STATION

GETTING READY TO GO ON WATER

- If asked, help Safety Supervisor get Safety Supervisor boat down to dock
- Grab assigned blades from blade tree and take down to dock
- Only two people on dock at a time, USE OPPOSITE RAMPS WHEN TAKING EQUIPMENT DOWN
- Place blades 2m apart ensuring that HANDLES ARE DIRECTED TOWARD ANOTHER BLADE of other pair of blades
- WASH HANDS AT BOAT BAY WASH STATION
- Grab assigned boat from rack (ask Safety Supervisor for assistance if you need it)
- Ask Safety Supervisor for Stroke Safety Supervisor prior to launching
- Take boat down to dock, two people at a time USING OPPOSITE RAMPS
- Wait for everyone to get on water after you launch from dock

ON WATER ACTIVITY

- Maintain 2m distance from other participants at all times
- Stay in sight of Safety Supervisor boat at all times

CONCLUDING ON WATER ACTIVITY

- Only two participants docking at a time
- Place blades 2m apart, handle to blade
- Bring up boat, using opposite ramp to other participant, two at a time
- Place boat on stretcher and wash with hose
- Clean ALL AREAS OF BOAT ON INSIDE YOU MAY HAVE TOUCHED WITH YOUR HANDS with disinfectant
 - Wingnuts
 - Quick release straps
 - Interior deck
 - Rigger
 - Oar locks
 - Etc.
- Inform Safety Supervisor that you have completed disinfection of shell
- WASH HANDS AT BOAT BAY WASH STATION
- Place boat back on rack
- Acquire blades from dock (follow 2 people, opposite ramp rule)
- Disinfect handles and anywhere you may have touched blade with disinfectant
- WASH HANDS AT BOAT BAY WASH STATION
- Store blades back on blade tree
- Place Stroke Safety Supervisor, SCREEN SIDE UP, on gas shelter lid (if you used one)

DEPARTING BOATHOUSE

- If last group for day or before a long break...
 - If asked, help Safety Supervisor bring Safety Supervisor boat up
- Maintain 2m distance when leaving boathouse

- ❑ Do not loiter in parking lot post activity
- ❑ Wash hands when you get home