

## GVYRS COVID-19 Safety Plan

Approved by GYRS and CSI Admin, May 31, 2021

Motion: Approval subject to any changes made by Rowing BC at which time the GYRS President can amend the document in accordance with Rowing BC.

**Note: Updates take precedence over previous versions.**

### Update May 25

- Until June 15<sup>th</sup>: 10 people on the tarmac at a time with masks and 3m distancing; after June 15<sup>th</sup>: open up to 50 people on the tarmac at a time
- Until June 15<sup>th</sup>: 10 people on the dock at a time with masks and 3m distancing; after June 15<sup>th</sup>: open up to 50 people on the dock at a time
  - Now - June 15<sup>th</sup>: training groups of 8-10 (up to a coxed 4x/+ as per coaches' request).
  - June 15<sup>th</sup> – June 25<sup>th</sup>: training groups of 8-10 (up to an 8+ as per coaches' request).
- Coxies: stern loaded: PPE recommended; bow loaded: coxies choice if PPE is used.
- Change rooms: no change to current regulations, keeping it only as emergency use only, or if you need to use the bathroom.
- Cleaning: no need to use soap or disinfectant, just wipe hulls dry (wet rag over hull to clean, wipe dry). Oar handles must be scrubbed in disinfectant buckets with a rag or scrubby brush. Dunking them is not sufficient (think of it like washing your hands).

Although GYRS/CSI cannot make vaccination mandatory, we strongly recommend full vaccination against COVID-19 (two doses) for all club members rowing in crew boats. This will further help protect yourself and your crew in addition to other protective measures such as distancing and mask wearing when appropriate. While we realize that many people will only have one dose at this time (which is protective) we highly encourage all members to receive their full two doses when possible, in order to achieve maximum protection for themselves and others.

### Update Dec 1 (phase 2)

NEW PHO:

- Youth can only row in 1x's or household 2x's
- Athletes must keep a physical distance of 3m

## Important General Information

Given the increasing COVID-19 case numbers and ongoing challenges in keeping 2m apart, **masks are now mandatory for all GYRS athletes and coaches while on the VRS footprint** except when sitting in the boat (mask may be removed once in the boat and must be put back on before getting out of the boat).

As we move into the cold and influenza season and as the number of COVID-19 cases increases, it is really important to avoid overwhelming the health care and testing systems and prevent cases at the boathouse. Be diligent.

- Stay home if you are unwell,
- Maintain 2m physical distance (even when wearing a mask),
- Wash your hands,
- Wash equipment and other surfaces,
- Wear a mask,
- Keep your bubble (number of close contacts) small.

## PHASE 3

*To initiate Phase 3, Rowing BC Member Organizations must: (1) Have a board member, manager or administrator attend a Phase 3 Information Session hosted by Rowing BC; (2) Have each Training Group coach attend a Phase 3 Information Session hosted by Rowing BC; and (3) Approve and publish Phase 3 updates to their COVID-19 Reopening Safety. RCA requires each member organization to complete Rowing BC's requirements before Training Groups will be sanctioned and insured.*

## Training Group

A "Training Group" is a group of up to 10 people who may row together in crew boats (4x, 4-/+ , 8+), in any combination. They may not row in a boat with anyone who is NOT part of their Training Group.

Training Group changes: a Training Group is expected to remain consistent for a prolonged period (e.g., a season). In order to change the composition of a Training Group, all current and prospective athletes in a group must row in 1xs and set ("bubble") 2x/2-s only for 14 days prior to the change.

## Education/communication

The following are required to attend a Rowing BC training/information webinar, *before* Training Groups are formed.

- Any coach of a Training Group;
- All lead coaches
- School Athletic Director or Administrator

All athletes participating in a Training Group will be required to attend a GYRS information session to review and reinforce protocols.

## General

Rowing in 4xs will allow more efficient launching and docking- an important consideration as days shorten in October. In addition, by allowing various combinations of 2xs and 4xs, a Training Group offers more flexibility to get athletes on the water if anyone is absent. The benefits of Training Groups will be regularly reviewed and assessed against the risk of transmission.

Training Groups come with increased risk of transmission as crew members will be in prolonged close contact. To offset this increased risk on the water, it is important to decrease risk in other ways (off the water) - by keeping close contacts small in number, wearing a mask and being diligent about all the other measures to reduce transmission.

Rowing in 8+s: will be introduced at a later date, after a review of how things are going, transmission rates and member comfort levels.

### **Training Group formation**

Training groups will be assigned by the head coach of each school. Whether or not to be part of a Training Group is up to athletes, i.e., athletes are not required to be part of a Training Group and athletes in Training Groups will not receive any preferential treatment. Those who decide not to be part of a Training Group will continue to row in singles if weather allows. Those in Training Groups and those not in Training Groups may arrive and launch at the same time, space permitting.

In identifying Training Group members, the head coach will consider the following carefully:

- the size of their respective networks (i.e. number of contacts);
- high risk family members or other contacts;
- travel, work or other commitments that may carry an increased risk of exposure to COVID-19 (e.g, work setting, use of public transit, social, school or recreational activities that involve close contact).

The aim is to maintain small combined networks in order to facilitate efficient contact tracing and minimize exposure.

### **Coaches**

Coaches will be considered part of a Training Group. They should maintain 2m physical distance from athletes when possible.

Whether coaching a Training Group or not, coaches are required to wear masks at all times, except when in the coach boat. Where 2m physical distance cannot be maintained, coaches are required to wear a mask, to sanitize their hands before and after touching equipment or an athlete and both athlete and coach should avert their faces (and if feasible, the athlete should also wear a mask Ex. when getting help on the water adjusting their feet.)

### **Equipment Cleaning (big boats)**

2m physical distance must be maintained while cleaning equipment: 2 people will clean the oars and 2 people will clean the boat. (Note this will be reviewed if and when rowing 8+s is introduced).

### **Masks**

Athletes in Training Groups are required to wear masks while on the VRS footprint, except when sitting in the boat (mask may be removed once in the boat and must be put back on before getting out of the boat).

Coaches are required to wear masks at all times, except when in the coach boat. Coaches are required to wear a mask in situations where 2m physical distance cannot be maintained (e.g., performing a rescue or fixing equipment on the water).

### **Training Group size**

Juniors: up to 10.

### **Athletes**

Athletes in Training Groups are required to:

- Stay 2m apart at anytime they are not carrying or sitting in the boat;
- Wear a mask while on the VRS footprint except for when they are sitting in the boat;
- Be diligent about personal hygiene and equipment cleaning.
- Athletes in Training Groups are strongly encouraged to keep their networks (“bubble”) of close contacts small.
- Athletes will clean oars and boats, supervised by a coach. Coaches will do minor equipment repairs.

## **GVYRS COVID-19 SAFETY PLAN**

**GVYRS Safety Plan is posted on GVYRS website (<https://www.gvyrs.ca>), on Claremont’s CSI website (<https://claremont.sd63.bc.ca/course/view.php?id=465>) and emailed to athletes/parents/coaches when changes occur.**

**If you are ill with symptoms of COVID-19, please contact Island Health**

**COVID-19 CALL CENTRE: 1-844-901-8442**

The GVYRS Safety Plan outlines the measures that will be followed to keep members, coaches, staff, volunteers, and visitors safe. It aligns with orders and guidance provided by public health authorities, Rowing BC, Rowing Canada, and Victoria Rowing Society.

People vary in their comfort levels and their risk of serious illness. The GVYRS safety measures aim to provide an environment where as many members and coaches as possible feel comfortable returning to rowing.

It is also important that we adapt measures as we learn what works and what does not work and in response to evolving public health guidance. This plan will be updated as we learn.

## **GVYRS COVID-19 Strategic Operations Team (CSOT)**

Medical Advisor (Wayne Ghesquire), GVYRS President (Greg Sedun), , CSI Program Lead (Darryl de Leeuw).

### **Education and Communication**

- Latest available guidance on the COVID-19 outbreak, along with links to BC CDC, Island Health, Rowing BC and Rowing Canada websites, will be posted on the VCRC website [HERE](#).

- GYRS treasurer Greg Sedun will monitor local and provincial briefings daily or as provided. Relevant adjustments to safety measures will be discussed with GYRS CSOT and current athletes/coaches/parents through program leads.
- Before returning to rowing, GYRS will host an onsite review for athletes, coaches, staff and volunteers to review the GYRS Safety Plan. Key messages will be reinforced through onsite signage and verbal reminders.
- Coaches will be trained on cleaning and rescue protocols (via seminar, in Safety Plan and signs on site).
- Cleaning protocols, launching/landing, equipment management and facility flow will be tested prior to re-opening.
- YouTube clips illustrating: “what to expect when you come to row”, launching and landing, equipment cleaning, installing and removing shoes and performing a self-rescue can be found [HERE](#)
- Suggestions and concerns: Rowers, parents, coaches, staff and volunteers may make suggestions or express concerns using to the GYRS President ([president@gvrs.ca](mailto:president@gvrs.ca)) or the Lead Program Coach

## Public Health Awareness

- Public health advice on COVID-19, including symptoms, measures to reduce transmission, self-isolating, self-monitoring and quarantine, and who to contact if experiencing symptoms, will be posted on signs onsite as well as on the VCRC website [HERE](#).
- Athletes, coaches, and staff will be asked to review and agree to safety measures (Athlete and Coach Checklist and Acknowledgement).

## Screening

- GYRS recommends that people use the BC Self-Assessment app. <https://bc.thrive.health/covid19/en>
- Athletes, coaches, staff, and volunteers will be required to verbally acknowledge, each day, that they have completed the BC Self-Assessment. For athletes, this will be recorded in MyFleet (when they acknowledge that they have completed the screening check, they will be “signed out” and allowed on the tarmac). For coaches, staff, and volunteers, it will be recorded by the Site Coordinator in a google sheet.
- A sign listing the screening questions will be posted at the site entrance.
- Anyone returning from out of province is asked to be particularly diligent in following the protocols for equipment cleaning, personal hygiene and self-monitoring, and is asked to particularly consider keeping their networks small for 14 days in order to facilitate contact tracing in the event that they develop COVID-19 symptoms.

**Anyone who is feeling unwell MUST stay home and will NOT be allowed on the VRS footprint.**

### Screening Questions

**If you answer yes to any of the questions below, please stay/go home.  
Do not come to the rowing club.**

1. Are you feeling unwell?
2. Have you experienced cold or flu-like symptoms- even mild ones- in the past 14 days (e.g., fever, cough, sore throat, shortness of breath/difficulty breathing, headaches, muscle aches, severe fatigue, stuffy or runny nose, loss of appetite).
3. Have you been in close contact with someone who has COVID-19 or symptoms in the past 14 days?
4. Have you travelled outside Canada in the past 14 days?
5. Have you been in close contact with anyone who has travelled outside Canada in the past 14 days?
6. Have you or anyone in your household had contact with someone who is being tested for COVID-19 or who has been diagnosed with COVID-19?

## Athlete-specific measures

*The aim of these measures is to limit the number of different people an athlete interacts with, limit the number of different people touching equipment, and allow for 2m physical distance (and specifically, to minimize traffic in and out of the boat bays).*

- Every athlete must review and sign the “GVYRS COVID-19 Safety Plan Athlete Checklist and Acknowledgement”.
- Each athlete will be assigned a boat and oars to use; a boat and oars may be shared by multiple athletes and will be cleaned and disinfected after each use.
- Coached rows: Athletes will row at designated times in the same pod of 10 athletes. (A “pod” is a group of athletes that launch and land at the same time. There may be multiple “pods” per training group/block).
- Training groups (which may include multiple pods) will not overlap with one another (about 15” scheduled between the end of one group and the start of the next).
- For coached sessions, coaches will assign boats and launch/landing times using MyFleet reservation system. The Program Lead will sign athletes in and out on MyFleet (onsite).
- Those requiring assistance to carry and launch a boat: the rower carries the boat at the stern, the helper (either another rower or the Program Lead) carries it at the bow.
- Row and Go: Coaching at the boathouse (on land) should be minimized and must be done in a way to keep a 2m physical distance, including pre- and post- row discussions or warmup. Athletes are encouraged to “Row and Go”- arrive at the boathouse ready to row, be efficient launching and landing, and leave as soon as the boat and oars are returned to the stretchers. Congregating and socialising at the boathouse is discouraged.
- Athletes will clean boats and oars; coaches will supervise cleaning.

## Rescues/Safety

*The following measures aim to reduce the probability of a coach-assisted rescue being necessary and to reduce the chance of transmission when one is necessary.*

- As much as possible, training groups will consist of athletes of similar speed and ability, to allow for better supervision.
- Coaches and athletes will be trained in performing rescues (self-rescues and assisted rescues) into a coach boat (see [Rescue Protocol](#)). Coaches will be provided with masks, gloves, and hand sanitizer. The coach boat will be cleaned and disinfected after a rescue.
- Athletes and coaches are expected to exercise caution and good judgement when deciding whether to go out in windy conditions.

## Facility Access and Flow

See VRS Safety Plan

1. No access to Spracklen Room, Porter lounge, kitchen, canteen, universal washroom (from Bay 1). Door codes will be changed prior to re-opening, and as necessary thereafter, and only provided to those who need access, e.g., janitor, pest control, Site Coordinator.
2. Therapy Room: restricted to RCA-use only under RCA control and in compliance with BC Physical Therapist guidelines. Occupancy Limit: 2
3. Offices: limited access by designated staff only to get equipment. Offices are not to be used as workspaces. Occupancy: 1 person/office.
  - Cleaning: weekly.
  - Authorized staff only. Wipe high touch surfaces after use. RCA, UVIC, GYRS, VCRC (coach) enter and exit via the main door. Maintain 2 m physical distance and wear a mask in public areas (hall, lounge).
4. Washrooms: Limited access. Washrooms are a high risk area and members are encouraged to avoid using them. No showering, changing or gear storage. Occupancy: 3 people.
  - Cleaning: daily. Site Coordinator to clean high touch surfaces 2-3x/day
  - No showering (except in emergencies) or gear storage. Maintain 2m physical distance and wear a mask. Primary use by Rowing Canada; VCRC, UVIC and GYRS athletes will be strongly encouraged to change elsewhere, although the changerooms can be used in emergencies, e.g., when athletes are cold/wet. Juniors: will be asked to change at school or at home and not at the boathouse (because of concerns about enforcing limits on the # of people in the changeroom).
5. Boat bays: Access controlled by member clubs e.g., VCRC, UVIC, GYRS and RCA. Occupancy: up to 10 if in the same training group. RCA will install plastic barriers btw RCA bay and UVIC and VCRC bays, with caution tape across walkways/fire lanes
6. Workbay: Access controlled by Clive. Occupancy: Clive only or with Clive's permission only.
7. Docks: Staggered launch and landing times. Occupancy (per dock): 6 boats launching or landing at a time + 1-2 helpers. Occupancy Limit: 8 people (per dock). VCRC and GYRS use highwayside dock; RCA and UVIC use lakeside dock.
8. Coach boat docks: Staggered coach arrival and departure times. Occupancy: maintain physical distance of 2m.
9. Gas Shed: Occupancy Limit: 1 person. All fuel tanks must be labelled and stored on or under shelves to leave access free (so coaches do not have to touch or move other fuel tanks). Jerry cans should be labelled and stored to the side of the gas shed or under shelves.
10. Total Footprint (facility) Occupancy Limit: 25 people.
11. Members of the public wishing to access the docks will be asked to respect the protocols (2m physical distance, capacity 8 people, stay away if unwell etc)
12. Mark flow pattern: enter and exit via fire lane (east side of boathouse) (divided in half). Docks are divided in half lengthwise and then into 3 sections per side. RCA athletes exit via door at the back of RCA bay. Signage at entrance, with reminders about protocols.



13. Site Coordinator: open and close boathouse, including gas shed; clean high-touch surfaces (and keep record); oversee/manage on land and on dock traffic; screen and log contact information from visitors who come onto VRS footprint; report serious violations of safety measures to VRS CSOT, point of contact for concerns and suggestions re. daily facility operations; remove and replace goose lines, empty waste and recycling bins.
14. No group gatherings on VRS footprint.
15. Designated training and launch times for training groups. Arrival, launch, landing and departure times will be staggered and co-ordinated between member groups e.g., VCRC, GYRS, UVIC and RCA. Training schedules for GYRS will be coordinated with UVIC, VCRC and RCA, through the VRS Operations group.
16. Parking lot- CRD/public access: Parking lot is controlled by CRD and used by the general public as well as rowers. Members will be discouraged from congregating in parking lots. Maximum 5 cars in Coaches' parking.

*The VRS Site Coordinator, Club Manager and Approved GYRS Coaches will have keys; RCA, VCRC and UVIC will determine who in their organizations have keys.*

## **Cleaning, Hygiene and Sanitation**

See Cleaning Protocols for details

Facility: See VRS Safety Plan

- Handwashing stations (sinks with running water, soap, paper towels) will be set up at the entrance (next to the workbay door), and next to the 2 hose bibs (Bay 1 and Bay 3-4).
- Janitor cleaning schedule: daily cleaning of washrooms and therapy room (when re-opened).
- Disinfectant, paper towel and soap will be provided in each washroom.
- Clean and/or disinfect high touch surfaces at start and end of the day and between training blocks or every 3 hrs. Keep cleaning log.
  - door handles and keypads (prop open access door for the boat bays, washroom and gas shed doors to minimize touching), handwashing stations, washrooms (e.g., taps, flush handles, soap/ PT/TP dispensers, door latches and doors, counters) - see cleaning protocol
- Members are encouraged to wipe touched surfaces in washrooms and handwashing stations after use.

## **Equipment**

- Oars and rowing shells will be cleaned and disinfected after each use (see Cleaning Protocol).
- Stairs, stretchers, and coastal trailers (touch points) will be wiped with disinfectant after use.
- Coach boats used by more than one person will be disinfected after use (see Cleaning Protocol) after use, or after a rescue
- Fuel tanks will be cleaned and disinfected after filling (see Cleaning Protocol).
- Radios and megaphones will be disinfected after use (assigned, not shared).

## Equipment Use

### Crew sizes

- Phase 3 will allow crew training (4x, 4-, eventually 8+s) in defined Training Groups.

### Oars and Boats

- Oars will be assigned to each boat.
- Shoes will be assigned to each person (for VCRC boats until further notice). The athlete will install and remove them for each row and store them at home. Shoes that are shared will be disinfected after use.
- Boats (and oars) will be shared by multiple athletes (1-5) and will be cleaned and disinfected after each use.

### Coaches' Equipment

- Each coach will be assigned a megaphone, radio, kill cord, PFD, fuel tank, safety kit, PFD bag and coach boat. In some cases, a coach boat *may* be assigned to more than one person. Boat drivers who are not comfortable sharing a boat will be assigned their own. No sharing of radios, megaphones, or PFDs.
- Each coach will be provided with 2 masks (in a ziplock bag), for use during rescues, and hand sanitizer. Masks will be replaced as necessary (when used or if they get wet or dirty).
- Fuel tanks – will be refilled by designated volunteers. They must be cleaned and disinfected before and after refilling. (fuel tanks needing refilling should be put next to the truck).

### Equipment maintenance

- Minor maintenance (including replacement of missing hardware) will be done by the GYRS coaches.
- Equipment repair will be done by Clive. Equipment repair, including movement of boats in and out of the work bay will be organised by Clive.
- If a boat is damaged/out of commission, the rowers or coaches will enter it into MyFleet (as damaged) and notify the lead coaches so they can adjust the schedule and boat assignments.
- Athletes will notify the coach of any damage or maintenance needed when they put the boat on stretchers.

### Ergs and other equipment

- Will not be available for use (at the boathouse).

## Medical and Public Health Response Plan and Management of New and Suspected Cases

**IF YOU ARE UNWELL, STAY HOME. CALL THE COVID CALL CENTRE FOR DIRECTION 844-901-8442.**

- Anyone who complains of feeling ill while at the boathouse must wash their hands, wear a mask and either leave immediately (if they have a car) or await pickup on the Spracklen Room stairs (or in the canteen if it is raining). They are encouraged to contact the **COVID Call Centre to 844-901-8442**. Anyone onsite must wash their hands and all equipment and surfaces touched by the athlete must be cleaned and disinfected immediately.
- Anyone who is symptomatic for COVID-19 must stay away from the boathouse until they test negative for COVID-19. Anyone who is unwell is encouraged to stay away from the boathouse until they are feeling better (even if they test negative for COVID-19). This is to avoid spreading other infectious diseases (cold, influenza) that may require others to stay away and get tested.
- Anyone who tests positive for COVID-19 must follow the directions of the public health authorities. Stay away from the boathouse. Contact the GYRS President ([president@gvys.ca](mailto:president@gvys.ca)) or your program lead.
- Close contacts of someone who is symptomatic for COVID-19: must self-monitor for symptoms and stay away from the boathouse until their contact tests negative for COVID-19. They may return to the boathouse once the test comes back negative and if they are not symptomatic. Close contacts include: household members, crewmates and members of a "Training Group".
- Contact numbers for local public health will be posted at the boathouse, on the GYRS website, Claremont CSI website and shared with athletes, coaches and parents. An athlete, coach, staff, or volunteer, who is not feeling well should contact public health first and then notify GYRS President. The President will then notify the GYRS CSOT, the VRS CSOT, RBC and the lead coach.
- Public health officials, VRS CSOT or GYRS CSOT will determine whether to close the boathouse, suspend or modify activities, and/or adjust protocols (i.e., GYRS may decide to suspend rowing even if this is not required by public health or VRS).
- Information for contact tracing will be provided to public health officials by the GYRS President. A contact list of all rowers, coaches, staff, and volunteers will be prepared as part of the return to rowing preparation. Information to support contact tracing can be downloaded from MyFleet and from coach/staff/volunteer google sheet.

Island Health's COVID-19 Call Centre: 1-844-901-8442 [www.islandhealth.ca/covid19](http://www.islandhealth.ca/covid19)

## Communication and Insurance

- GYRS COVID-19 Safety Plan will be posted on the GYRS website, Claremont CSI website and shared with athletes, coaches and parents..
- Video clips illustrating key elements of the plan will be posted on the VCRC website.
- RCA insurance does not include 'exclusions' for infectious diseases. i.e., directors, coaches, and members are adequately covered by RCA liability insurance.

- ONLY those who are registered with RCA and who have signed the new RCA waiver (released May 19) will be allowed to row, coach or volunteer.

## Compliance

- Encourage compliance by appealing to intrinsic motivation: autonomy (allow some choices), competence (educate and provide positive feedback), relatedness (connection/community- caring for one another, community).
- Convey respect and trust.
- Avoid having members and coaches turn into “enforcers/police officers” (creates animosity, ill-feeling). i.e., therefore, important to define the role for enforcement and define processes for reporting.
- Penalties (extrinsic motivation): define clear penalties for serious infractions, including who to report to, who has power to impose penalties, what behaviours will result in penalties, nature/scope of penalties.
- Because of the need to act quickly to prevent transmission and to keep other community members/users safe, the VRS Site Coordinator is empowered and has the discretion to deny entry to anyone who answers yes to any of the screening questions or whose disregard for safety measures puts others at risk.
- The VRS Site Coordinator is responsible for reporting serious violations to the GYRS CSOT for decision/action.
- GYRS CSOT is responsible for suspending rowing privileges for serious violations.

*The measures are in place to protect our community, including all rowers, volunteers, coaches and staff, and those who are at high risk of getting serious illness. Ignoring the safety measures puts the whole community at risk AND if there is an outbreak at the boathouse, or anyone tests positive, the boathouse could be shut down by public health authorities. Disregard for the following safety measures will lead to immediate suspension of an athlete’s rowing privileges.*

### The following violations will result in immediate suspension of rowing privileges

- Using the docks or facility at a time when you are not signed up, including when the boathouse is officially closed. *(to be enforced by VRS CSOT)*
- Using a boat not assigned to you/for which you have not signed up.
- Accessing spaces that are closed or have restricted/limited access (Spracklen Room, Therapy Room, Porter lounge, kitchen, workbay). *(to be enforced by VRS CSOT)*
- Actively disregarding the following: physical distancing, personal hygiene, occupancy limits and equipment cleaning measures.
- Verbal or physical abuse of those responsible for enforcing the safety measures will be reviewed by the GYRS CSOT who have the discretion to impose a penalty.

The first instance will result in suspension for 2 weeks; a second instance will result in suspension for the remainder of the season.

### What to do if you see behaviours that concern you.

- Be calm. Be kind. Be compassionate.

- Help each other follow safety measures by example – model best practices and behaviours- and gentle reminders.
- If you are aware of any of the above serious violations, please report them immediately to the VRS Site Manager on-site or your Program Head Coach.
- Please do not engage in “public shaming”- whether in person or online.

## Personal Hygiene

The virus that causes COVID-19 is spread in droplets when you cough, sneeze, talk etc, or when you touch an infected surface and then touch your mucus membranes (eyes, nose, mouth).

- Practice physical distancing.
- Wash your hand often-when you arrive, when you leave (at a minimum)
- Avoid touching your face.
- Cough or sneeze into your elbow.
- Use assigned shoes (to be stored at home).
- Keep a water bottle in a ziplock or dry bag (along with hand sanitizer). Fill your water bottle at home.
- Do not spit or clear nasal passages.
- Faces masks are mandatory when on VRS footprint, including firelane, tarmac, boat bays and docks and may only be removed while in the boat.

## Equipment Cleaning Protocols

**Oars:** after each use

- Wipe shaft, sleeve, and collar with soapy water
- Clean handle with soapy water (use scrub brush if visibly dirty or bloody)
- Rinse shaft, sleeve, collar, and handle
- Dip handles in disinfectant solution or wipe with disinfectant
- Use nylon brush to scrub handle 1x/month (may not be necessary for COVID, but good for oars)

**Boat:** after each use

- Use soap and water, and brush and/or cloth.
- Clean in the same order each time, so nothing gets missed.
- Pay special attention to areas that are touched.
  - Hull - carrying points (gunwales, inside grip)
  - Oarlocks and gates
  - Riggers
  - Footstretchers (side and centre bolts, tracks, Batlogic plates)
  - Inside of hull (foot well, seat deck)
  - Slides, Seat
  - Vent caps, drain plugs

- Wipe slide wingnuts with disinfectant
- Rinse with a hose.
- Undo vent cap, check slide wingnuts.
- Spray/wipe with disinfectant: seats, oarlocks, footplates/shoes, seat deck, side/centre track hardware, vent caps, drain plug.
- It is not necessary for infection control to clean the entire exterior of the hull; however, it is good practice for general care to wash, rinse or wipe the hull.

Return boat and oars to rack once cleaned.

### **Radios and megaphones:**

- Assign- no sharing.
- Wipe with disinfectant after each use.
- Wipe radio room door handle and key pad with disinfectant after use.

### **Coastal trailers and pontoons:**

- Wash with soapy water, rinse and disinfect after use.

### **Stretchers:**

- Wash with soapy water and rinse with a hose before putting them away.

### **Coach boats, fuel tanks, kill cords, safety kit (if shared):**

- IF shared: disinfect touch points after use: pull cord, tiller or wheel, shift lever, choke knob, kill cord, engine lift handle, handle of fuel tank, padlock, handle of safety kit.
- Spray with disinfectant and wipe (or spray cloth and wipe).

### **Fuel tanks**

- Wipe handle and cap with disinfectant before refilling.
- Clean with soapy water, rinse, and wipe with disinfectant after refilling

**Do not use bleach as it harms the VRS septic system.**

**EcoMax multipurpose cleaner** (for boats) or **Soft Shine**

**Simple Green Pro 3 Plus** (cleaner and disinfectant): 15 ml/1l water; no rinsing, air dry.

<https://simplegreen.com/products/d-pro-3-plus/>

**Virox Preempt HLD5** <https://www.viroxprobeauty.ca/tool-disinfection>

To reorder supplies: please email clubadmin@vcrc.bc.ca (when supplies are running low - don't wait until we are out)

### **COVID-19 Rescue Protocol**

- Check with and reassure the athlete in a calm voice.

- Ask them if they would prefer to get back into the boat on their own or come into the coach boat.
- If they prefer to come into the coach boat, ask if they would prefer and are able to get into the coach boat unassisted (using grab lines, stirrup, or cavitation plate).
- Where the coach needs to assist the athlete into the boat:
  - Put on a mask and gloves
  - Ask the athlete to put on a mask and to turn their head away.
  - When the athlete is safely in the coach boat (and after ensuring they are OK): remove your mask (by the ears straps, do not touch the main part), then gloves, disinfect your hand with hand sanitizer and ask the athlete to do the same.
- After returning the athlete to the shore: clean the coach boat with soapy water, rinse, and disinfect (wipe with spray disinfectant).

## Roles and Responsibilities

### VRS Site Coordinator

- Oversee/co-ordinate onland and dock movement.
- Open and close boathouse: boat bays, gas shed, coach boat dock gate, VCRC/GVYRS coach boat padlocks.
- Do regular facility cleaning as per protocol.
- Reinforce and enforce compliance.
- Screen and sign visitors and athletes in/out (athlete sign in/out may be done by member clubs e.g., UVIC, RCA, GVYRS and VCRC).
- Prepare, refill, and dispose of cleaning supplies. (cloths should be replaced daily. We have a 2-3 day supply, so they can be washed in batches as needed). Notify VCRC Club Manager ([clubadmin@vcrc.bc.ca](mailto:clubadmin@vcrc.bc.ca)) when supplies are running low and need to be re-ordered (including boat cleaning supplies).
- Fill fuel tanks.

### Coaches

- Wash your hands when you arrive and before you leave at a minimum.
- Wear a mask at all times except when in the boat and when it is not possible to maintain 2m physical distance.
- Get coaching equipment and coach boat ready. Wipe coaches' room keypad, handle and radio room key pad and handle after touching.
- Only use gear (megaphone, radio, PFD, Safety kit, kill cord, fuel tank, coach boat) that has been assigned to you. If you need to use another coach boat, please clean and disinfect it after use.
- Carry a ziplock or dry bag with 2 masks, gloves, and hand sanitizer.
- Run sessions.
- Row and Go. Please do not socialise at the boathouse.
- Safety: be familiar with COVID-10 safety measures for rescues.
- Fuel tanks that need refilling should be put beside the truck.

### Everyone

- Stay up-to-date on public health recommendations.

- Abide by/support VRS and GYRS procedures, protocols, and guidelines to keep our community safe.
- Complete self-assessment (screening) before coming to the boathouse. Do NOT come if you respond YES to any of the screening questions. STAY HOME if you are feeling unwell.
- Wash your hands when you arrive and before you leave at a minimum.
- Follow public health guidance re: personal hygiene.
- Leave your gear at home or in your car. There is no storage at the boathouse.
- Consider thoughtfully the size of your “personal bubble”. SLOWLY increase the number of different people you are in contact with (keep your bubble small). Remember your bubble includes all the contacts of everyone else in your bubble.

### Athletes

- Ensure you are an active member of RCA, registered in a CURRENT GYRS program
- Signed the new RCA waiver (released May 19)
- Do not share water bottles, personal gear, food etc.
- Bring a ziplock or dry bag for your water bottle, dirty tissues, and hand sanitizer. Fill your water bottle at home.
- Wash your hands when you arrive and before you leave at a minimum.
- Wear a mask at all times except when in the boat
- Sanitize your hands before pushing off the dock and before you touch the dock when you return.
- Respect the assigned launching and landing times. If you miss your “launching window” you will only be allowed to launch if/when there is space on the dock.
- Be efficient installing your shoes, setting your feet, getting your oars, boat down and launching.
- Be efficient landing and returning your boat and oars to the cleaning stretchers.
- Arrival: Wash your hands. Check-in. Put your boat on stretchers, install your shoes, set your feet. Carry your oars to the dock. Carry your boat to the dock.
- Return: Carry boat and oars to washing stretchers. Remove your shoes. Wash the boat/oars as per cleaning protocols. Check-in. Report any damage or missing parts. Wash your hands. Leave the boathouse.
- You may install and remove your shoes on the rack, or on the dock, if you can do so efficiently. Footstretchers may be set on the stretchers or on the water (not on the dock).
- You can leave your shoes on the dock- just keep 2m physical distance when you retrieve them upon your return.
- First boat out goes at the far end of the dock; first boat in goes at the near end of dock.

### Resources and Additional information

BC Centre for Disease Control <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

Island Health <https://www.islandhealth.ca/learn-about-health/covid-19>



Health Canada

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

WorkSafe BC

<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/faqs-returning-to-safe-operation>

Government of BC Re-Start Plan

<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>

Rowing BC <https://rowingbc.ca/athome/>

Rowing Canada <https://rowingcanada.org/covid-19-updates/>

## GVYRS COVID-19 Updates and Safety Plan

GVYRS Website <https://www.gvyrs.ca/>

CSI Website <https://claremont.sd63.bc.ca/course/view.php?id=465>

## Contact List

Name	Position	Ph #	Email
Island Health		1-844-901-8442	<a href="http://www.islandhealth.ca/covid19">www.islandhealth.ca/covid19</a>
<b>GVYRS COVID-19 Strategic Operations Team</b>			
Dr. Wayne Ghesquire	Medical Advisor		
Darryl de Leeuw	Communications lead/Claremont Head Coach		<a href="mailto:ddeleeuw@saanichschools.ca">ddeleeuw@saanichschools.ca</a>
Kristjan Joubert	GVYRS Acting President		<a href="mailto:president@gvyrs.ca">president@gvyrs.ca</a>
Greg Sedun	GVYRS Treasurer		<a href="mailto:treasurer@gvyrs.ca">treasurer@gvyrs.ca</a>
<b>VRS COVID-19 Strategic Operations Team</b>			
Dr. Wayne Ghesquire	Medical Advisor		
Scott Macdonald	Communications lead		

Sofie Gregory	VCRC/Boathouse Manager	(250) 658-5331	clubadmin@vcrc.bc.ca
Greg Sedun	GVYRS Rep		President@gvyrs.ca
Adam Parfitt	VRS President/RCA Rep		
Nick Clarke	UVIC Rep		
<b>Site Co-ordinators</b>			
VRS Site Co-ordinators Slack	VRS Covid-19 Facility Coordinators		

## GVYRS COVID-19 SAFETY PLAN

### JUNIOR ATHLETE CHECKLIST AND ACKNOWLEDGEMENT

- I have reviewed the GVYRS COVID-19 Safety Plan, including the list of Athlete Responsibilities, and agree to abide by it, respecting the safety of our entire community. I am aware of COVID-19 symptoms, transmission, measures to reduce transmission, and understand the meaning of self-isolating, self-monitoring and quarantine.
- I understand that I must stay home if I am feeling unwell and I will contact my family doctor or public health, and then the Program Head Coach if I have symptoms of COVID-19.
- I am registered (and activated) in a current GVYRS program and have signed the new RCA waiver (released May 19<sup>th</sup>). The waiver is attached at the end of this checklist. Sign and return to program head coach
- My phone number in WebReg is up-to-date.
- I have hand sanitizer and a drybag or ziplock bag to bring to the boathouse. I will fill my water bottle at home/school and bring my assigned “rowing shoes”.

Date \_\_\_\_\_ Athlete Signature \_\_\_\_\_

Parent/ Guardian Signatures (for athletes under the age of 19) \_\_\_\_\_

**Please email ([ddeleeuw@saanichschools.ca](mailto:ddeleeuw@saanichschools.ca)) or return completed form to Mr. de Leeuw**

If you have any questions, please contact Mr. de Leeuw.

# WHAT TO DO IF YOU ARE UNWELL OR THE CLOSE CONTACT OF SOMEONE WHO IS UNWELL

## 1. Do you have symptoms of COVID-19?

**Self-isolate. Call COVID-19 Call Centre 844-901-8441 for direction (and to be tested).**

- Test negative? Return to the boathouse once you are feeling better. This will avoid spreading the infection to other club members, who may then need to self-isolate and be tested.
- Test positive? Follow the directions of public health authorities. Notify your program head coach.

## 2. Are you the close contact of someone who has symptoms of COVID-19?

“Close contact” includes (but is not limited to) household members, crewmates, and members of “Training Group”.

**Stay away from the boathouse. Self-monitor for symptoms.**

- Symptomatic contact tests negative? Return to the boathouse provided you are asymptomatic (if you are unwell, please stay away until you are feeling better).
- Symptomatic contact tests positive? Self-isolate, self-monitor and follow the directions of the public health authorities. Notify your program head coach.

## 3. Are you the close contact of a close contact of someone who has symptoms of COVID-19

(e.g., a household member of someone who is a close contact)

**Self-monitor. You do not need to stay away from the boathouse (unless/until advised to do so by public health authorities).**