

Nelson Rowing Club Reopening Safety Plan

The Nelson Rowing Club has created this COVID-19 reopening safety plan by closely following the guidelines set by PHO, Rowing BC, Rowing Canada Aviron, Via-Sport and Worksafe BC. The first and main objective of this plan is to reduce the risk of exposure and transmission of COVID-19. The health and safety of NRC participants and the members of our community is foremost in our goal of returning to the sport of rowing in Nelson. This plan is an evolving document and may be updated as changes in our situation occur.

Steps to Reopening:

1. Completion of RCA Risk Assessment. Completed June 8, 2020 by Petra Kromer, NRC Head Administrator. Our risk assessment score was 2.
2. Completion of RCA Risk Mitigation Checklist. Completed on June 18, 2020 as a joint effort of Covid-19 Committee of NRC and approved by Maurice de StJorre, NRC president.
3. Assignment of Lead Personnel: The following leads have been assigned and will form the NRC COVID-19 Emergency Response Team:
 - Petra Kromer; medical lead; for information on COVID-19 and/or if a participant is symptomatic contact Petra by email at petrakromer@shaw.ca
 - Kurt Edmunds; communications lead; for information on safety and rowing procedures contact Kurt by email at truknelson@gmail.com
 - Maurice de StJorre; facility manager; for information on facilities operations contact Maurice by email at seychelle@telus.net

Communication and Education:

[NRC Covid-19 Policy and Guidelines](#) Club knowledge and communication are vital to the success of our reopening. Once participants have been duly registered and their payment received, they will need to accept an invitation to join SLACK, NRC's primary form of communication amongst our membership. SLACK is used for scheduling and sharing information. A COVID-19 channel has been created on SLACK with links to BC Health Authority, online sign-in by google docs and daily health assessment form via Airtable. All NRC SLACK apps should be enabled to receive instant notifications for current information and important updates. SLACK is administered by our COVID-19 medical lead, Petra Kromer. Covid-19 information and important links are also posted on our website www.nelsonrowing.ca along with our Policy and Procedures and Reopening Safety Plan documents.

The NRC's COVID-19 Emergency Response Team has a strategy in place for communicating with all participants in the event of a suspected or confirmed case of COVID-19.

The Nelson Rowing Club will engage in discussion and information sharing between its board members, emergency response team members and general membership through direct email and scheduled Zoom video meetings. We will also communicate by phone whenever necessary.

All participants are required to attend a Zoom video conference regarding policy and procedure (so that we are assured that an understanding of the new protocols has been established) prior to their first rowing session.

The NRC has established a gradual approach to reopening. Initially, rowing will be allowed for experienced Masters rowers only. Group sizes will be limited to 4 rowers/group. Two or more groups may be on the water at the same time as long as there is no overlap between groups at the boathouse, on the dock or at the cleaning stations. Private singles may row outside of scheduled sessions as long as they do not form an overlap of site use. Permissible boat types are restricted to rec or coastal rowing singles, designated racing singles, and designated 2X's (available for same-household members). 3m of physical distance between participants must be respected at all times, except for those who are "same household members".

More information of COVID-19 can be found at BC Centre for Disease Control <http://www.bccdc.ca/health-info/diseases-conditions/covid-19> and self assessment tool <https://bc.thrive.health>.

Completion of Required Documents:

- Cleaning protocols for site
- Cleaning protocols for equipment
- Participant guidelines
- Record of equipment usage and cleaning
- Participant sign-in (google docs) and sign-in/checklist at club
- COVID-19 safety document
- Updated rowing and equipment handling procedures
- Safety and Emergency Action Plan on site

PPE: Nitrile/latex gloves, non-medical face masks and protective eyewear have been added to the 1st Aid and medical emergency supplies.

Signage at Boathouse and Dock:

- 3m distance markers on floors
- cleaning/disinfecting instructions poster near cleaning supplies

- Hand washing instructions poster at hand washing station
- Rowing protocol guidelines posted
- Safety policy posted
- Equipment cleaning protocol posted
- Reduce spread of Coronavirus poster
- Contact info for COVID-19 emergency response contacts posted
- Reminders of personal hygiene posted

Assembly of hand sanitizing stations and cleaning/disinfecting supplies: The following are required:

1. Hand sanitizing station located near the entry to boathouse
2. Hand washing and sanitizing station inside the boathouse
3. Dish soap for cleaning equipment and high touch surfaces at facility
4. Biodegradable soap and stiff brush for cleaning high touch surfaces at dock
5. Buckets and sponges (one for each boat)
6. Disinfectant spray for shoes, seats and oar handles
7. Bleach for thorough once weekly cleaning of boat house and all high touch surfaces
8. Lidded garbage can at boat house

Facility and Access Flow: The Nelson Rowing Club operates within a City of Nelson park which is open to the public. Signage will be posted advising that public entry to the building and dock are not allowed at this time. Verbal communication to reinforce this will be used when required (nicely). The boathouse will remain locked except when accessing and returning equipment. The gate to the dock will likewise remain locked except when launching or returning boats. Only approved participants who have completed their health assessment and online sign-in will be allowed access to the boathouse and dock. This number will be restricted to 4 persons/session for adult rowing groups. Youth rowing groups to a maximum of 50 persons will be allowed for beach launch rowing activities

as long as the 3m physical distance is observed at all times. Tape and barriers will be placed inside the boat house to remind members to observe the appropriate 3m distance at all times. Only one person at a time is allowed in the oar storage and sign-in area of the boathouse. Boats will be moved one at a time off and onto racks by 2 people. No others are allowed to congregate or socialize in the boathouse while these equipment moving activities are taking place. Boat slings will be placed outside the facility in a manner that will allow for physical distancing during the rigging and cleaning of equipment. Members are required to arrive at the boathouse ready to row (don't forget your PFD), and with a minimum of personal belongings.

Shared Site: The Nelson Rowing Club shares their site with the Nelson Paddling Club. The NPC has a separate entrance/lock to their own segregated portion of the facility. The NPC is required to provide a safety re-opening plan which follows the PHO rules to the NRC executive before commencement of the 2021 paddling season. Dock restrictions (details TBA) for NPC members may be applied for the 2021 season.

Programs: All NRC programs will operate under the guidelines and restrictions placed upon us by our governing sports agencies which include Rowing Canada Aviron, Rowing BC, viaSport and especially PHO. The NRC and its membership understands that all guidelines for safe activities are an evolving process and subject to change.

High Risk Individuals: Members are requested to self identify if they are high risk individuals, (especially those who are compromised by medical conditions such as respiratory, lung, cardiac or auto-immune disorders). Assess your personal health and fitness level before rowing. Do not come to the club if you're not feeling well. Please consider the implications and consequences which could affect the NRC's ability to operate in the event of a suspected or confirmed case of COVID-19.

Initial Reopening Considerations: All non-essential items have been removed from the NRC facility in order to reduce the number of common touch surfaces and to effect a more thorough cleaning of the boathouse prior to opening. These removed items include tables, chairs, ergometers, lockers, surplus PFD's and an abundance of supplies which will not be needed at this time. Only a portion of our equipment will be available for use. Oars have been assigned to specific boats. No personal use PFD's or extra clothing will be kept at the club.

Prior to commencement of club activities the NRC will contact and share their reopening safety plan with the City of Nelson, Nelson Parks and Recreation Manager, the Regional District of Central Kootenay and the Nelson Paddling Club.

During the time of this pandemic any changes that come from the provincial health office, provincial emergency orders, Worksafe BC, Via Sport, the City of Nelson, Rowing BC and Rowing Canada Aviron will take precedence over this Nelson Rowing Club safety plan. For any questions regarding the NRC reopening safety plan please contact Kim Shea, communications lead at kimshea@shaw.ca

