



**Burnaby Lake Rowing Club
Modified Operating Procedures during
COVID-19 Pandemic**

BLRC Updates: June 3, 2020, Sara Forsting

June 25, 2020, Sara Forsting (group size, bags)

July 1, 2020, Sara Forsting (membership, 2x/2-s)

December 8, 2020 Frances Crowley (physical distancing, group size)

BLRC Board of Directors Approval: June 4, 2020

Goal: To protect the health and safety of BLRC members and coaches and to do our part in protecting the health of our communities by preventing the spread of COVID-19.

- Communication Plan -

This plan is approved by the BLRC Board and shared with BLRC members. It will be updated as necessary and changes communicated to members via regular channels (e.g., BLRC Slack account and/or membership email, virtual meetings). This plan is available on the BLRC website, www.burnabylakerowing.ca.

Questions and concerns are to be brought to the Board and will be addressed as soon as possible.

- Overall Plan -

The goal of this plan is to outline the priority modifications to regular BLRC rowing activities in order to minimize the spread of COVID-19 among athletes and coaches. This plan is based on and is consistent with guidelines from Rowing BC, with guidance from Rowing Canada Aviron (RCA), ViaSport BC, WorkSafe BC and the BC Center for Disease Control (BCCDC). It will be updated as Provincial guidance changes and the pandemic progresses (e.g., Phase 2 to Phase 3).

As we are guests on Burnaby Lake, we are responsible for following Burnaby Parks and the City of Burnaby regulations and guidance. If it is deemed necessary to limit access to Burnaby Lake to help control COVID-19, we will abide by those directives.

The key components of this plan address:

- Physical Distancing
- Group Sizes
- Hand Washing (Personal Hygiene)
- Disinfection
- Stay Home if You Are Sick

Any members who do not follow the procedures will be asked to leave Burnaby Lake.

BLRC is collaborating with RCA Hub, Burnaby Canoe & Kayak Club and other organized lake users to ensure plans and practice times are coordinated to allow smaller group sizes in the boathouse and on the dock and facilitate attendance tracking. Planning is on-going and changes will be communicated to members.

While we're keeping ourselves and each other safe, we also want to encourage a supportive, positive environment. We encourage members to reach out if they have concerns or need assistance.

-Membership-

BLRC welcomes back all current member rowers and coaches.

New members are permitted, if they are an experienced rower in a 1x rowing shell and currently living in a metro Vancouver community. Individuals relocating from outside British Columbia to metro Vancouver are currently not eligible for BLRC membership. Membership is approved at the discretion of the BLRC Board or a delegated Board representative.

Guest rowers are not permitted at this time and encouraged to check back during later phases of the pandemic.

- At Risk Populations -

BCCDC identifies populations that are at higher risk of developing more severe COVID illness or complications. It is important that BLRC members understand whether they are at higher risk and modify their behaviour accordingly. Vulnerable populations include older adults (65+ years) and people with chronic diseases or medical conditions, including heart disease, high blood pressure, lung disease, diabetes and cancer.

- Physical Distancing -

All individuals will be reminded to maintain a **minimum 3m distance** between themselves and their fellow rowers. This is important from the time they arrive at the Boathouse until they depart, including in the parking lot. Signs will be posted reminding members to practice social distancing. Coaches will verbally remind athletes, if they observe anyone not keeping their distance. Any member not willing to physically distance themselves will be asked to leave.

On the water, the boats (1xs) keep athletes at a safe distance from each other.

Athletes who flip will be rescued. If the rower is not injured and water temperature permits, the Program Coach will direct the rower on how to self-rescue and get back into the rowing shell without direct contact from coach or safety boat operator. For rowers unable to do this, the rower can board the Coach boat from the stern. If a rower requires assistance, the Coach will wear a mask and gloves to assist the rower.

- Group Sizes -

The goal on the dock and in the boathouse is to provide enough space to ensure individuals can maintain at least 3 metres between each other. If it is not possible to maintain physical distance, members must wait until a person departs the area. **In accordance with the Public Health Order of December 2, 2020, no group activities are permitted. A group is defined as 3 or more people. Accordingly, rowers on the dock are limited to two at a time. Other rowers launching or returning must wait until they can be on the dock with only one other person.**

Those not participating in a session or volunteering are not permitted on the launching dock and must remain at the top of the public ramp.

Members are encouraged to not linger and be respectful of those waiting. Be aware of program start and end times and arrive/depart accordingly. Please minimize overlap on the dock and in the boathouse with preceding and subsequent sessions.

Athletes doing warm-up should plan to do this in the parking lot or on the ramp while maintaining physical distance. Do not warm up on the dock or in the shell-bay.

Program Session group sizes are to be kept at a manageable size, at the discretion of the coach **keeping in mind the two person dock limitation**. Rowers will sign-up/indicate their intention to participate in the program session on Slack the day prior, 6pm deadline. If a rower does not sign-up via Slack they will not be permitted in the Boathouse.

As the bathrooms are small spaces, please limit this space to 2 or fewer people at one time. Signs will be posted on bathroom doors reminding people of the maximum number of people permitted inside.

A record will be kept of all rowers that show up to each program session to aid public health contact tracing if a COVID-19 case is later identified among participants. The coach or pre-identified alternates, if a coach is not present, will update the BLRC Daily Attendance Tracker (Google Sheets).

Single rowing (1x) is the primary boat class to be rowed during this period.) **The December 2, 2020 Order now mandates that only same household doubles or pairs are allowed.** Double sculls (2x) and pairs (2-) can be rowed by experienced rowers if approved by the athletes' Coach and in consultation with the BLRC Captain.

All Burnaby Lake user groups' sessions will be posted on the BLRC website calendar. Sessions will be timed such that group overlap on the dock and in the boathouse is minimized.

- Hand Washing -

Frequent hand washing is encouraged. At a minimum, hands should be washed upon arrival and before departing.

Upon arrival, rowers can wash their hands using the tap and using your personal cleaning bucket (see below) or in the bathrooms.

Hand sanitizer will be available near the Boathouse entrance. Those assisting with opening the Boathouse and setting-up are encouraged to use hand sanitizer if not able to wash their hands in the bathroom.

- Disinfection -

In order to prevent the spread of COVID-19 via contaminated surfaces, common touch areas will be disinfected with disinfectant cleaning wipes or spray, [Health Canada approved](#), & towel. These surfaces include, but are not limited to: boathouse doorknobs, chain pull to lift the main door, light switches, kayak paddle handle, kayak pull-rope + kayak surfaces, coach boat surfaces, broom handles, water faucet knob, ergs, etc. Members and coaches are responsible for wiping these surfaces down before touching them. The first person to enter the boathouse and the last person to leave are responsible for initial and final cleaning.

Club boats and oars will be assigned to rowers to minimize sharing of equipment. Masters and Juniors, who row in different program sessions, may share a 1x boat. Oars and boats are to be labeled with the names of the assigned individual.

Oar handles are to be cleaned prior to and following each row with soapy water and then dried. Following sessions, boats are to be washed with soapy water and wiped down, paying particular attention to the commonly touched parts of the boat (e.g., oar locks, shoes and foot stretcher, gunnels, front cockpit and rigger front (if stern rigged). Athletes are responsible for cleaning their own equipment. If you need to leave early, you may wash your boat and leave it in the slings for later storage.

Privately owned boats and oars should not be shared except for close household members who normally share a boat. They must be washed in the manner mentioned above.

Equipment to assist with oar & boat cleaning, including the hose, boat slings and soap are to be placed on the dock by the set-up lead prior to the start of the session. Slings are to be set up on the East side of the dock. Rowers are to bring their own bucket, sponge and towels for cleaning their boat, oars and hands. The labeled-bucket and supplies are to be transported to and from the boathouse each session by the athlete.

Personal items forgotten at the Boathouse will be safely disposed. There is no Lost and Found during this period.

BLRC boats requiring maintenance should be managed by the rower, if possible. BLRC tools can be used but the rower should wash their hands before and after use.

Burnaby Boathouse bathrooms will be maintained and cleaned by the City of Burnaby.

- Stay Home if You Are Sick -

Members are responsible for watching for symptoms of COVID-19. These include, but are not limited to, cough, fever, shortness of breath, sore throat, stuffy nose, loss of sense of smell, headache and/or fatigue. (See <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms> for complete list.) Symptoms can range from very mild to severe.

Members are asked to monitor their symptoms each day using the Public Health Agency of Canada's THRIVE phone app. Instructions for downloading and using can be found here: <https://www.thrive.health/canada-covid19-app>

Members who develop any COVID-19 related symptoms, even one, are not allowed to be on site.

The Coach will check-in with program rowers regarding their symptom status upon arrival. This will be documented with attendance.

If you develop symptoms while at the lake, clean up your equipment, remain physically distant, wash your hands and head immediately home.

If you have symptoms, it is important that you connect with your health care provider and follow their instructions.

If you are tested for COVID-19 and have a negative result, you may return to BLRC practice when you no longer have symptoms.

If you are not tested for COVID-19 or test positive, you need to self-isolate for a minimum of 10 days, so you do not spread illness to others. Your local public health team will reach out to complete contact tracing with you. You are not allowed on-site until at least 10 days have passed since your symptoms started, you have no fever and you are feeling better. (Coughing can persist for several weeks.) Clearance from your health care provider or public health will be required.

If you are a contact of a COVID case, you are to self-isolate for 14 days and cannot row. If you are symptom-free following those two weeks, you can return to rowing. If you develop symptoms, please consult with your health care provider.

BLRC will collaborate with local public health authorities if a COVID case is identified with exposures or contacts at Burnaby Lake. The local health authority staff will advise BLRC as to the appropriate measures to take to ensure the safety and health of its members. BLRC will communicate with its members, to ensure appropriate information is shared in a timely manner.

- Other Modifications -

In order to minimize COVID-19 transmission, a number of other modifications will be put in place during this period.

- Personal items, such as clothes/bags/etc., are not to be left anywhere in the Boathouse or on the dock. Personal bags can be hung in the bathrooms on the wall hooks. Please ensure they are not left on the floor and they are taken home after practice.
- Shoes may be left on the dock, pushed away from the dock edge, during the row.
- Personal garbage is to be taken home; nothing is to be left at the Boathouse. *Carry in, carry out.*
- No sharing of food or drinks.
- No showers.
- If a member chooses to wear gloves or a mask, they must dispose of them properly at home. As gloves cannot be safely washed, members wearing them should minimize contact with common surfaces.
- There is no erging permitted in the boathouse or at the lake at this time.

- If you travel outside BC, please follow Provincial guidelines regarding self-isolation before you return to rowing. (<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/prevention-risks/travel>)

All new members will be oriented to the modified operating procedures prior to joining in program activities.

We thank all members for their patience, cooperation and on-going support during this challenging time. Working together we can enjoy our beloved sport, strengthen our bodies and minds and help keep our communities healthy. Safe rowing everyone.

By signing this document, you agree that you have read, understand the risks and will follow the modified operating procedures.

Member Name (print): _____

Member Name (sign): _____

Date: _____

For potential Contact Tracing purposes:

Mobile phone: _____

City of residence: _____

-Additional Resources -

BLRC COVID-19 Contact/Medical Lead: Sara Forsting (Epidemiologist), saraforsting@gmail.com, 604-369-2713

BLRC Communications Lead: Teodora Dotzeva, dotzeva@hotmail.com, 604-329-8171

-COVID-19 Resources-

- BC Centre for Disease Control
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
- World Health Organization
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Your local health authority
 - Fraser Health <https://www.fraserhealth.ca/>
 - Vancouver Coastal Health <http://www.vch.ca/>