

Nanaimo Rowing Club  
Implementation of Training Groups  
September 14, 2020

**1. Definitions from Rowing BC**

- a. TRAINING GROUPS: defined as 10 participants or less and are designed to allow specific sports to limit contacts to a small, set, group of participants.

Training groups do not include the coach, if the coach always maintains physical distancing. Maintaining physical distancing becomes increasingly important if a coach is responsible for multiple training groups.

Training groups should remain together for an extended period. If looking to change training groups, implement a two-week break between activities.

- b. FIELD-OF-PLAY: defined in rowing as when participants are seated in the boat. At least 2 meters distancing should be maintained between all participants when outside of the field-of-play.

If physical distancing cannot be maintained outside the field-of-play, masks will reduce the risk of community spread of COVID-19 (e.g. carrying the boat or washing the boat).

**2. NRC Management of Training Groups**

- a. NRC members that decide to participate in a training group need to fully understand the implications of the risks and the contacts that each member has outside the club.
- b. Within NRC, the maximum size for a training group has been set at four – the group will be able to row quad, four, double, pair, or single in any combination of training group members.
- c. Training groups are meant to be for an extended period.
- d. If rowers want to change training groups, they will be required to row a single for 14 days before joining the new group.
- e. NRC members who do not want to participate in a training group can still attend practices at the same time as members of the training groups.
- f. If necessary, launch times and landing times will be staggered to maintain 2m physical distance on the beach and in the boat wash area.
- g. Only one quad will be launched per rowing session.
- h. Sign up will be managed on Google Sheets – rowers must clearly indicate whether they are rowing as an individual or as part of their training group.

**3. Procedures on Land**

- a. A distance of 2m will be maintained at the boat racks/stretchers and during wet launching and landing at the beach.
- b. There will only be one quad launched per session; participants must wear masks while carrying the quad.
- c. Senior coach on duty will continue to set up stretchers and wash buckets ahead of time and will ensure 2m distancing of boats and athletes.

- d. All existing cleaning and sanitizing measures will be enforced.

#### **4. Procedures on Water**

- a. Limit of one quad per session with a mix of singles and doubles.
- b. Practice times will be limited to 1.5 hours to minimize contact.
- c. High exertion practices will be limited.

#### **5. Coaches and Safety Boat Drivers**

- a. Continue to have a limit one person per safety boat.
- b. Coaches/boat drivers will have a mask available if they need to assist a rower and there is a possibility of coming into the 2m zone of the rower.
- c. Participants should have a mask or other face covering in a sealed bag in the rowing shell in case they need assistance and there is a possibility of coming into the 2m zone of the coach/boat driver.
- d. Anyone who helps to move the safety boat should wear a mask if they cannot maintain a 2m distance from other people.

#### **6. Boat cleaning**

- a. Wash stations/buckets will be set up by senior staff on duty.
- b. If more than one person is washing a boat masks must be worn. For quads, it is recommended that 2 rowers wash the boat and the other 2 rowers wash the oars. One member of the crew will be assigned the task of final disinfection by the senior staff member.
- c. Participants must wear masks when carrying the boat back into the compound.

#### **7. Participant tracing**

- a. Sign up for all rowing sessions will be done using Google Sheets.
- b. Rowers must indicate if they are rowing as an individual or as a part of their designated training group.
- c. For each session, the senior staff member on duty will record rower's names, boat and oars used and who was responsible for cleaning.
- d. All records will be maintained for a minimum of 30 days.

#### **8. Communication**

- a. Email/newsletter will be sent to all members to explain the training group process.
- b. Once approved by the NRC board, the plan will be posted on the NRC website.
- c. Craig will explain the training group procedures prior to the first row by a training group.

Approved by the Nanaimo Rowing Club on September 15, 2020