



COVID-19 OPERATIONAL PLAN

RECREATIONAL FIXED-SEAT ROWING DURING 2021
ROWING SEASON

THE ROYAL ST. JOHN'S REGATTA COMMITTEE | 10 Clancey Drive, St. John's, NL

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INTRODUCTION

Fixed-seat rowing is a team sport that takes place on Quidi Vidi Lake in St. John's, Newfoundland and Labrador, Canada. All operations take place out of the Royal St. John's Regatta Committee Boathouse, 10 Clancey Drive.

Participants use a boat known as a fixed-seat shell. Each shell has a Coxswain and six Rowers.

A crew typically rows either a full course or half course, depending on their registered category. The full course is 2.45 km (1.52 miles), while the half course is 1.225 km (0.76 miles). Crews begin their race at the top of the pond and then proceed to turn a buoy at the bottom. Crews finish their race by returning to the starting/finish line.

There is four feet between the Coxswain and the Rower in seat six (closest person to the Coxswain) and three feet between each Rower as their seat alternates between stroke and bow side of the shell.

Below is the Royal St. John's Regatta Committee guidelines and plan to resume recreational fixed-seat rowing, commencing on **Monday, May 3, 2021**.

CLEANING AND SANITIZATION

All touch points within each shell will be thoroughly cleaned after each spin with a pump sprayer, applying a water and bleach solution (ratio 50:1). After ten minutes, the shell will be rinsed with water from the garden hose. To remove any access water from the shell, a shop vacuum will be utilized.

All components of the shell will be cleaned, including:

- Centre board,
- Gunnels,
- Footing,
- Footing nut and bolt,
- Seat,
- Oar Handle,
- Oar Collar,
- Coxswain seat,
- Coxswains footing area,
- Coxswain rope.

All common touch points inside of the Boathouse will be disinfected and cleaned comprehensively.

Common touch points within the Boathouse includes:

- Interior and exterior door handles,
- Light switches
- Bathrooms
- Workstations
- Lift control
- Shell slings
- Shell lift straps
- Shell handling sticks

During the preliminary stages of operation, access to the interior of the Boathouse will be limited to Staff and designated Committee members. This policy will be reassessed after the initial few weeks of operation.

Equipment utilized by Staff will be cleaned and sanitized before and after each use.

Hand Sanitization Stations will be provided in both the safety and aluminum boats.

The safety boat and aluminum boat will undergo rigorous cleaning and disinfection at the end of each designated Staff shift -- which equates to twice per day.

An organized checklist and cleaning schedule will be communicated to Staff and will be posted in the Rowing Office, bathrooms, and the Shellhouse.

Boathouse bathrooms, hallways, main office and Shellhouse will be cleaned once per shift. The frequency will be reconsidered should the washroom facilities be open to the Rowing Community.

ROWING OPERATIONS

To limit access, the dock and Grand Concourse (Quidi Vidi Walking Trail) will be partitioned off. This also serves to prevent the Public from interfering with the Rowing Community's ability to physical distance while on the dock.

Arrows/markings to indicate one-directional traffic will be placed where possible.

Boathouse and Shellhouse access will be restricted to Staff and designated Committee Members only.

Each Rower, Coxswain, Coach and Spare will complete all registration forms with contact details to ensure the Royal St. John's Regatta Committee has all pertinent information for contact tracing.

During the online registration process, a mandatory agreement will be in place for all participants to complete the self-assessment screening tool, prior to arriving at the Boathouse and if demonstrating symptoms, the individual will not row.

A maximum of ten fixed-seat shells will be tied on to the dock, with only five shells available to be booked at a time.

- The shells on the water will alternate between the five shells the crews have booked and the five that are to be cleaned by Staff. This ensures a maximum of five shells being utilized for rowing during each scheduled spin time, while the remaining five shells will be cleaned by Staff in between spin times.

Spin booking times will be lengthened to 60 mins (previously 35 minutes) to provide crews with the opportunity to row four times per week. If additional slots are available, crews will be eligible to book additional spins.

- Lengthening the spin time will allow Staff the opportunity to do a thorough cleaning and disinfecting of the five shells.

During the preliminary stages of operation, the Boathouse will remain closed to the Rowing Community and Public. Should it be deemed prudent to open the Boathouse to those outside of the designated officials, one-way markers/arrows will be placed inside the Boathouse.

Hand Sanitizer Stations will be placed at each shell spot to ensure team members have disinfected their hands immediately pre and post spin.

Staff and Committee Members

Staff and Committee members will be required to complete the Provincial self-assessment tool prior to arriving for work. Staff who are exhibiting symptoms of COVID-19 must stay home and will be encouraged to immediately call 811.

Hand Sanitization Stations will be placed in the rear and front Shellhouse of the Royal St. John's Regatta Committee Boathouse.

Staff and Designated Officials will be required to complete a cleaning and disinfecting record sheet.

It will be mandatory for Staff and Committee Members to wear a non-medical mask that covers the nose and mouth at all times.

Physical Distancing Within Teams

As it is not possible to maintain a six-foot distance between rowing team members during on-water practice, each team will operate in a ten-person cohort with names being provided to the Royal St. John's Regatta Committee in writing, during the registration process. The ten-person cohort will include six Oars people, one Coxswain, one coach, two designated spares (one official, one unofficial backup).

Given the nature of the position, similar to that of an instructor, Coxswains will be eligible for membership within more than one cohort. Coxswains must advise, in writing at time of registration, of which cohorts they are a member.

To limit the risk of disease transmission by reducing the number of people with whom team members have close contact, the cohort will always include the same people. Only individuals who have been designated a part of the specific cohort will be eligible to participate in on-water practice.

Except for extenuating circumstances, all members of the cohort must remain the same for the duration of the Rowing Season. If an exception is required, it must be provided in writing to the Royal St. John's Regatta Committee via e-mail at general@stjohnsregatta.com – any other method of notification will be not be considered for exemption.

Individuals who primarily interact with team members at six feet are not required to be included as a part of the cohort.

Each participant must complete the self-assessment screening tool prior to arriving at Boathouse. If a participant is demonstrating symptoms of Covid-19, they will not be authorized to row.

Rowers, Coxswain and Coach will stay in their vehicles until their designated spin time.

To ensure contact traceability, Crews will be required to pre-book spins online.

Crews will only be permitted to utilize the shell to which they are booked/assigned.

While on the dock; Rowers, Coxswain and Coach must stay with within their shell space and maintain a distance of six feet.

All individuals must wear a non-medical mask that covers the nose and mouth. The mask can only be removed once the shell has been untied, immediately prior to push-off from the dock. The mask must be replaced immediately after docking, at the conclusion of the spin time.

Only Regatta Committee, Staff, Rowers, Coxswains and Coaches will be permitted on the dock during operational hours.

Each Rower, Coxswain and Coach must bring their own measuring tape, screwdriver and 3/4 wrench to adjust equipment. The Royal St. John's Regatta Committee will not provide tools to rowing teams.

The Royal St. John's Regatta Committee and Staff will not be permitted to adjust equipment for individuals. Failing to arrive prepared with pertinent supplies may result in the ineligibility to participate in the booked spin.

Rowers, Coxswain and Coaches will be encouraged to leave personal items at home or locked in a vehicle. We recognize that some equipment is essential, however, Rowers will be advised to limit the number of items they bring to their scheduled spin. No personal items will be permitted to remain on the dock; they must be enclosed in a waterproof bag and placed inside of the shell.

Every footing must be loosened prior to exiting the shell.

When accessing a shell located below the jog, team members must walk single file along the pedway. The individual walking in a clockwise direction has the right-of-way and must provide the oncoming pedestrian ample space to exit the pedway.

When accessing a shell located below the jog, Rowers will not be permitted to access the dock through the St. John's Rowing Club. Rowers will be advised to avoid interference with the operations of the St. John's Rowing Club to ensure proper physical distancing.

Rowers and Coxswains are required to sanitize their hands prior to entering and immediately after exiting the shell.

Rowers, Coxswain and Coach are required to leave the dock immediately upon the conclusion of their designated spin time to ensure Staff have adequate space to conduct the cleaning and sanitization procedures and to provide the subsequent crew with the appropriate amount of space to enter the dock area.

No group gatherings or other congratulatory customs (e.g., handshakes, high fives, fist bumps, chest bumps, hugs etc.) that will promote contact or bring participants within two meters.

Participants will be encouraged to exhibit proper respiratory etiquette (sneezing/coughing into the crook of the elbow or tissue. No spitting or clearing of nasal passages).

Rowers will be urged to label their water bottles and avoid sharing with their team members.

KEY CONTACT

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